# Hospice Cares About Your Colon

## Screening can prevent colorectal cancer

**Press release**

If everyone aged 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented. Since March is Colorectal Cancer Awareness Month, it's a great time to start caring about your colon too! Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancer, and often there are no signs or symptoms. Here are a few good ways to reduce your risk, what exactly they do during those tests, and how to talk with loved ones about getting screened from the American Cancer Society and Healthfinder.gov.

• The best way to prevent colorectal cancer is to get screened regularly starting at age 50. Because often there are no signs or symptoms it's important to get screened so if there's a problem you can treat it early when it will be easier.

• If you smoke, quit! Smoking increases your risk for a whole bunch of bad stuff, including colorectal cancer. Even secondhand smoke increases the risk for those around you. Try www.quitnownh.org for free resources and support.

• Eat lots of vegetables, fruits, and whole grains. Diets that include lots of vegetables, fruits, and whole grains have been linked with a decreased risk of colon cancer. Eat less red meat (beef, pork, or lamb) and processed meats (hot dogs and some luncheon meats), which have been linked with an increased risk of colon cancer.

• Get regular exercise. If you are not physically active, you have a greater chance of developing colon cancer. Increasing your activity may help reduce your risk.

• Encourage your family members and friends over age 50 to get screened.

So what do they do at those screenings anyway? There are three different screenings you can get; Colonoscopy, Flexible Sigmoidoscopy and Stool Testing.

• A colonoscopy lets the doctor look inside your rectum and colon to check for cancer or polyps (growths that can turn into cancer). To do a colonoscopy, the doctor puts a thin, flexible tube into your anus. The test is done at a hospital or clinic. If the result is normal, you can wait 10 years before getting tested again. If polyps are found during the test, the doctor can usually remove them, but you might need another colonoscopy in 3 to 5 years.

• A Flexible sigmoidoscopy lets the doctor look inside the rectum and lower part of the colon to check for cancer or polyps (growths that can turn into cancer). To do one, the doctor puts a thin, flexible tube into your anus. This test is like a colonoscopy, but it only looks at part of your colon and has a smaller risk of complications. If the result is normal, you can wait 5 years before getting tested again — or 10 years if you get this test combined with the stool test. If the result isn't normal, you'll need a follow-up colonoscopy to find out why.

• A Stool test looks at your stool (poop) instead of looking directly at your colon. For these tests, you use a special kit to collect a small amount of your stool at home and return it to your doctor or a lab. If the result is normal, you can wait 1 year before taking the test again. If the result isn't normal, you'll need a follow-up colonoscopy to find out why.

Now that you know the ins and outs of testing, how can you talk with a loved one to encourage them to get screened?

• Start by saying, "I care about you. I want you to get tested so you can live a long and healthy life, without worrying about colorectal cancer."

• Explain the reasons for getting tested that were in the beginning of the article, or pass a copy of this article on to them to read.

• Offer support. Ask what part of the test they are worried about, offer to go with them for support or to drive them, or ask what you can do to make it easier for them to get tested.

• If you are age 50 to 75, set the example – get tested for colorectal cancer and share your experience.

Looking for quality, local home care or hospice service? Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to serve the Home Health care needs of the community. They provide home care, Hospice, clinic and community education services to Andover, Belmont, Boscawen, Canterbury, Franklin, Hill, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested. For more information, call Franklin VNA & Hospice at (603)934-3454 or visit www.FranklinVNA.org your local VNA.

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# 4-H Clubs in Need of Mentors For Youth

## Youth ages 10-14 need you!

**Press release**

To grow into healthy adults, young people need positive adults in their lives. They need someone to trust and someone who trusts them. Someone like you. New Hampshire 4-H seeks mentors for Youth and Family with Promise, our new initiative to connect adults with youth for meaningful, positive experiences.

Can you commit to one hour per week of mentoring? Let's talk! Contact Laurie Field at 603-796-2151 or by email at laurie.field@unh.edu to discuss how becoming a mentor will benefit youth in your community. Learn more at: www.extension.unh.edu/YFP

# UNH Extension Service Offers Workshops

## Tree fruit grafting, pruning and others

**Press release**

A free workshop on Pruning Mature Apple Trees will be offered on March 3 from 10 AM to 1 PM at Hacleboro Orchard, 61 Orchard Road, Canterbury, NH. To register call Mary West at (603) 796-2151or email: mary.west@unh.edu.

Pruning Mature High Bush Blueberries will be the subject of a free workshop on March 28, from 4 to 6 PM at 115 Appleton Streeet, Concord, NH. To register call Mary West at (603) 796-2151or email: mary.west@unh.edu.

Integrated Pest Management of Flies in and Around Dairy and Livestock Barns will be the subject of a workshop at the Merrimack County Extension Office, 315 Daniel Webster Highway, Boscawen on April 2 from 6:30 to 8:30 PM. Cost is $10 per person. 4-H members are free if accompanied by a registered adult. Register on-line: http://bit.ly/ipmflies. Contact Mary West at (603) 796-2151or email: mary.west@unh.edu for information.

Two Tree Fruit Grafting Workshops are being offered by the University of New Hampshire Extension Service in April.

The first is on Saturday, April 21 from 10 to 1 PM (check-in from 9:30 to 10 AM), at MacFarlane Greenhouse, at UNH. Address is 296 Mast Road, Durham, NH. Register: http://bit.ly/DurhamGraft

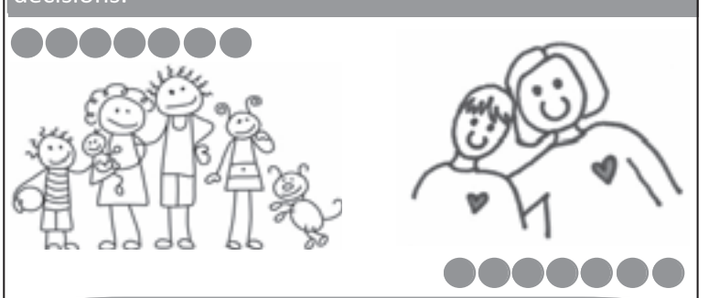
The second will be on Thursday, April 26, from 5:30 to 8:30 PM (check-in from 5 to 5:30 PM), at Danbury Grange Hall Basement, 15 North Road, Danbury, NH. Register: http://bit.ly/DanburyGraft

Learn the principles of grafting at a hands-on workshop of bench grafting techniques. Each participant will go home with two grafted apple trees.

Cost is $25 for individuals or $35 for couples. Must pre-register on-line.

For more information contact Jeremy.delisle@unh.edu or 603-796-2151.

**A Heart to Heart Message:**
Take time to talk to your kids about drugs and alcohol. Make your expectations clear and make sure your kids know what to say or do when faced with a difficult decisions.



Kids who report having clear understanding of their parents expectations, are less likely to use substances at an early age.

For more information on how to talk to your child about drugs and alcohol contact:
**taskforceinfo@franklinnh.org**
**Facebook:**
**https://www.facebook.com/FMDTF/**

Franklin Mayor's DRUG TASK FORCE