

Health Update to Mayors and Councils

MARCH IS COLON CANCER AWARENESS MONTH

Could it have been prevented? Yes colon cancer is preventable, treatable and beatable. Colon cancer almost always starts with a small growth called a polyp. If found early, doctors can remove it and stop colon cancer before it starts. Get checked beginning at age 50 (or earlier if African American, or have symptoms, family history)

You can help lower your risk for colon cancer by getting regular exercise, eating at least 2.5 cups of fruits and vegetables daily, limiting intake of red and processed meats and alcohol and by not smoking.



Free screening services are available for your constituents who qualify through the NJCEED (Cancer Education Early Detection) program. For more information call:

NJCEED **Monmouth** County: 732.933.3952

NJCEED **Ocean** County: 732.557.3202 (English) 732.557.3207 (Spanish)

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COLON CANCER AWARENESS MONTH ACTIVITIES

One out of every 25 people in the United States will develop colon-rectal cancer. With early detection, the survival rate can be as high as 75 percent. Even so, 60,000 people will die from this disease this year. **WEAR BLUE DAY**, March 4, kicks off national Colorectal Cancer Awareness Month, help spread awareness about this preventable, treatable, beatable disease.

How Healthy Is Your Colon ?

March 3, 6p-7:30pm

St. Francis Center, 4700 Long Beach Blvd, Brant Beach, NJ 08008

Robert E Khoo, MD

Registration 1-800-560-9990

Colorectal Cancer Screenings

March 18, 11am- 2pm

Monmouth Medical Center outside of Seabreeze Cafe

Long Branch NJ

Speak with an Oncology Nurse

How Healthy Is Your Colon?

March 9, 11-1pm

Meridian Health Village, Jackson Conference Center

Thomas Lake, MD

Registration 1-800-560-9990

12th Annual Colon Cancer Awareness Fair and Symposium

March 22

9:30-12:00 Fair Outpatient lobby

5:30 – 7:30 pm – Symposium Register at 1-888-724-7123

Community Medical Center, Toms River

Colorectal Lecture and Take Home Screening Kit

March 10, 5:30pm

5:30pm light refreshments

6pm – lecture followed by take home kit instructions, Q&A

Rada Shakov, MD

Bartley Healthcare and Rehab, 175 Bartley Road

Jackson, NJ

REGISTRATION IS REQUIRED Please visit

www.centrastate.com/classesandevents or call 732-308-0570

Men's Health Night

March 23, 6:30-8:30 PM

Southern Ocean Medical Center-1st floor

Manahawkin NJ

Registration 1-800-560-9990

Colon Cancer: Preventable, Treatable and Curable

March 29; 1:30 p.m.

Second Baptist Church – Long Branch

Lecture followed by take home kit instructions and Q&A

Nurse Practitioner