

March 2018

Church Partnerships News

Mount Carmel Church Partnerships Partner Academy

Monday, March 5th 5:30-7:30 p.m.

Mount Carmel East Siegel Center

5975 East Broad Street

Columbus, Ohio 43213

Earn 1.5 contact hours just for attending, and enjoy a light dinner as well.

To learn more or to RSVP, contact Marcia Cronin at **(614) 546-4974** or
marcia.cronin@mchs.com by Friday, March 2nd.

March is Colorectal Cancer Awareness Month

Colorectal cancer is cancer that occurs in the colon or rectum.

Sometimes it is called *colon cancer*, for short. The colon is part of the body's digestive system. The digestive system removes and processes nutrients (vitamins, minerals, carbohydrates, fats, proteins, and water) from foods and helps pass waste material out of the body. The digestive system is made up of the esophagus, stomach, and the small and large intestines. The colon (large bowel) is the first part of the large intestine and is about 5 feet long. Together, the rectum and anal canal make up the last part of the large intestine and are about 6-8 inches long. The anal canal ends at the anus.

<https://www.cancer.gov/types/colorectal/patient/colon-treatment-pdq>



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Incidence of Colorectal Cancer

Of cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States. It is the third most common cancer in men and in women.

In 2014 -

- 139,992 people in the United States were diagnosed with colorectal cancer, including 73,396 men and 66,596 women.
- 51,651 people in the United States died from colorectal cancer, including 27,134 men and 24,517 women.

National incidence of colorectal cancer is 38.4. In Ohio, the incidence is 41.8.

Resource: <http://www.cdc.gov/uscs>.

Risk of Colorectal Cancer



Your risk of getting colorectal cancer increases as you get older. More than 90% of cases occur in people who are 50 years old or older. Other risk factors include:

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Lifestyle factors that may contribute to an increased risk of colorectal cancer include:

- Lack of regular physical activity.
- A diet low in fruit and vegetables.
- A low-fiber and high-fat diet.
- Overweight and obesity.
- Alcohol consumption.
- Tobacco use.

Curious about what your risk for colorectal cancer may be? Visit <https://www.cancer.gov/colorectalcancerrisk/> and use the online risk calculator tool



Symptoms

Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. Someone could have polyps or colorectal cancer and not know it. That is why getting screened regularly for colorectal cancer is so important.

If you have symptoms, they may include:

- Blood in or on your stool (bowel movement).
- Stomach pain, aches, or cramps that don't go away.
- Losing weight and you don't know why.

If you have any of these symptoms, talk to your doctor. They may be caused by something other than cancer. The only way to know what is causing them is to see your doctor.

Screening

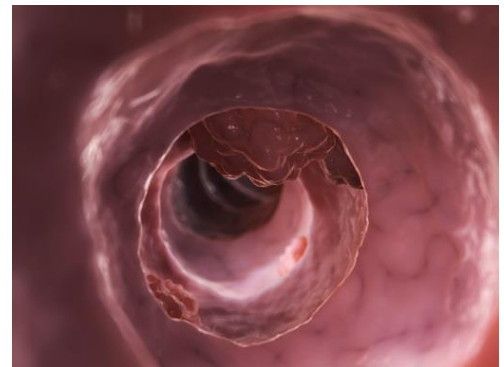
The U.S. Preventive Services Task Force recommends that adults age 50 to 75 be screened for colorectal cancer. The decision to be screened after age 75 should be made on an individual basis. People at an increased risk of developing colorectal cancer should talk to their doctors about when to begin screening, which test is right for them, and how often to get tested. There are several screening tests can be used to find polyps or colorectal cancer. Here is an overview of the tests used in screening for colorectal cancer:

Stool Tests – checks for blood in the stool.

- The guaiac-based fecal occult blood test (**gFOBT**)
- The fecal immunochemical test (**FIT**)
- The **FIT-DNA test** (also referred to as the stool DNA test)

Imaging Tests – visualizes the intestinal tract

- Flexible Sigmoidoscopy
- Colonoscopy
- CT Colonography (Virtual Colonoscopy)



How Do I Know Which Screening Test Is Right for Me?

There is no single “best test” for any person. Each test has advantages and disadvantages. Talk to your doctor about the pros and cons of each test, and how often to be tested. Which test to use depends on your preferences and medical condition.

Resource: https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm



Prevention (see <https://www.cancer.gov/about-cancer/causes-prevention/risk/> for more information.)

- A diet low in animal fats and high in fruits, vegetables, and whole grains may reduce the risk of colorectal cancer.
- The U.S. Preventive Services Task Force found that taking low-dose aspirin can help prevent cardiovascular disease and colorectal cancer in some adults.
<https://www.uspreventiveservicestaskforce.org/Home/GetFile/11/218/aspr-cvccrc-finalrsfact/pdf>
- Increasing physical activity. In 2009 studies found that the most physically active individuals had a 24% lower risk of colon cancer than those who were the least physically active.
- Limiting alcohol consumption. Studies in 2009 showed that people who regularly drank 50 or more grams of alcohol per day (approximately 3.5 drinks) had 1.5 times the risk of developing colorectal cancer as nondrinkers or occasional drinkers.
- Avoiding tobacco. Tobacco use is a leading cause of cancer and of death from cancer. People who use tobacco products are exposed to secondhand smoke have an increased risk of cancer including colorectal.
- Overall, the most effective way to reduce your risk of colorectal cancer is by having regular colorectal cancer screening tests beginning at age 50. Almost all colorectal cancers begin as *precancerous polyps* (abnormal growths) in the colon or rectum. Such polyps can be present in the colon for years before invasive cancer develops. Colorectal cancer screening can find precancerous polyps so they can be removed before they turn into cancer or early, when there is a greater chance that treatment will be most effective and lead to a cure. https://www.cdc.gov/cancer/colorectal/basic_info/prevention.htm



Colorectal Cancer Resources

Available from Church Partnerships



BECAUSE
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February 2018 Congregational Happenings



Heart Health Sunday – Reynoldsburg UMC



National Heart Month – Love Zion Baptist Church

*Community Updates and Conversations with Alice Luse
from The American Heart Association – Mount Carmel
Siegel Center*



***** Send us pictures of your events to be featured in our next
"Congregational Happenings"***

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Mount Carmel Mission

We serve together in the Spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Congregational Partners

Faith communities that partner with Mount Carmel to improve the health of our communities by having active health ministry teams that assess and address the holistic health needs of their congregation:

Advent United Church of Christ
Brookwood Presbyterian Church
Christ United Methodist Church
Clair United Methodist Church
Ephesus Seventh Day Adventist Church
First Church of God
Fruit of the Spirit Seventh Day Adventist
Grace Missionary Baptist Church
In His Presence
Love Zion Baptist Church
Mount Hermon Baptist Church
New Fellowship Baptist Church
Redeemer Lutheran Church
Resurrection Missionary Baptist Church
Sacred Heart Catholic Church
St. Augustine and Gabriel Catholic Church
St. Peter Catholic Church
Stonybrook United Methodist Church
United Methodist Church for All People
Vineyard Christian Fellowship – Grove City

Briggs Road Baptist Church
Christ Memorial Missionary Baptist Church
Church of Christ of the Apostolic Faith
Come As You Are
Faith Lutheran Church
First Presbyterian Church
Good Shepherd Baptist Church
Harlem Road United Methodist Church
J. Jireh Ministries
Mifflin Presbyterian Church
Mount Olivet Missionary Baptist Church
New Mt. Sinai Church of God in Christ
Refuge Missionary Baptist Church
Reynoldsburg United Methodist Church
St. Andrew Episcopal Church
St. Paul A.M.E. Church, Columbus
Second Community Church
Tabernacle Missionary Baptist Church
Unity Baptist Church
Wesley Church of Hope

Partnering Community Agencies

Catholic Diocese Office for Social Concerns

Catholic Social Services

The Martin de Porres Center

Westerville Area Resource Ministries (W.A.R.M.)

Ohio Living

