

Don't Be Semi-Interested in Your Colon

American Cancer Society Encourages Everyone

50 and Older to Get Tested for Colon Cancer

By Jennifer Conrad, Wellness Coordinator

This spring, the American Cancer Society is encouraging men and women 50 and older to make getting tested for colorectal cancer a priority. Colorectal cancer (commonly referred to as colon cancer) is one of only two cancers that can actually be prevented through screening, which allows doctors to find polyps in the colon and remove them before they turn cancerous. Regularly scheduled colorectal cancer screening can help save lives and help achieve the American Cancer Society's goal of creating a world with less cancer and more birthdays.

Screening for colon cancer has been proven to reduce deaths from the disease both by decreasing the number of people who are diagnosed with it and by finding a higher proportion of cancers at early, more treatable stages. Overall, colon cancer rates have declined rapidly in both men and women in the past two decades, due in part to early detection and removal of precancerous polyps. However, only half of the U.S. population aged 50 and older have been tested.

"We have an opportunity to significantly reduce death rates from colon cancer through regular screening," said Amy Boehm, Spokesperson. "However, there may be barriers to screening such as a lack of health insurance. We hope that people will use this month – National Colorectal Cancer Awareness Month – as an opportunity to make screening a priority and talk to their doctors, family members and friends about getting tested. By doing so, they are taking a key step toward staying well."

The American Cancer Society recommends the following tests to find colon cancer early:

Tests That Detect Adenomatous Polyps and Cancer

- Flexible sigmoidoscopy every 5 years, or
- Colonoscopy every 10 years, or
- Double contrast barium enema (DCBE) every 5 years, or
- CT colonography (CTC) every 5 years

Tests That Primarily Detect Cancer

- Annual guaiac-based fecal occult blood test (gFOBT) with high test sensitivity for cancer, or
- Annual fecal immunochemical test (FIT) with high test sensitivity for cancer, or
- Stool DNA test (sDNA), with high sensitivity for cancer, interval uncertain.

Because of their greater potential to prevent cancer, the tests that have a higher likelihood of finding both polyps and cancer are preferred if patients are willing to use them and have access to them.

In addition to screening, there are healthy lifestyle behaviors individuals can adopt to reduce risk of colon cancer. Studies show that being overweight or obese increases risk of colon cancer, and people whose diets include a high amount of red and processed meats are at increased risk. The American Cancer Society recommends that adults engage in at least 30 minutes of moderate to vigorous physical activity on five or more days of the week; and consume a healthy diet that includes five or more servings of vegetables and fruits each day, whole grains (instead of processed grains and sugars), limited alcohol and processed and red meats, and controlled portion sizes (visit cancer.org/GreatAmericans for tips and ideas on how to eat healthy and exercise regularly.)

Smoking also increases risk of colon cancer. A 2009 study from the American Cancer Society found that long-term smoking (smoking for 40 or more years) increases colon cancer risk by 30 to 50 percent. Smokers who want to quit can call the American Cancer Society Quit For Life® Program operated and managed by Free & Clear® at 1-800-227-2345 for tobacco cessation and coaching services that can help increase their chances of quitting for good; or visit cancer.org/GreatAmericans for customized tips that can help with quitting smoking for good. An estimated 146,970 cases of colorectal cancer were expected to occur in 2009, and 49,920 deaths were expected. Colorectal cancer is the third most common cancer in both men and women. Risk factors for colon cancer include a personal family history of the disease.

Evergreen Elementary 3rd Quarter Honors 2009 / 2010

"A" Team (All A's)

SECOND GRADE

Caleb Bagi
Claire Conrad
Courtney Coutts
Asia-Lin Gensch
Cole Gillen
Mikayla Heintschel
Trinity Martinez
Tess Pennington
Grace Petry
Chandler Ruetz
McKenzie Schmidt
Benjamin Schwan
Ryan Stasa
Brandon Taylor
Allison Tietje
Savannah VanOstrand
Levi Waldron

THIRD GRADE

Emma Anderson
Trevor Cobb
Adam Dumas
Bryce Eisel
Bryce Hudik
Kelsie Komisarek
John Laver
Chandler Lumbrezer
Travis Mersing
Morgan Miller
Jared Mitchey
Kyle Peete
Zachary Pfund
Sarah Schwan
Esmeralda Silva Barron
Chloe Smith
Kyle Smith
Andrea Smithmyer
Hunter Svoboda
Isaiah Tipping
Cassidy Vanderveer
Zoe VanOstrand
Isaac Yunker

FOURTH GRADE

Jonah Blanchard
Grace Bryson
Joshua Dowling
Claire Druschel
Victoria Fuller
Drew Hassen
Chealsey Hayes
Deziree Jacobs
Sydney Kohler
Courtney Krieger
Emily Smithmyer
Livia Tolek
Jamie VanLooocke
Blake Walters
Nichole Wilson

FIFTH GRADE

Dillon Bick
Megan Floyd
Abby Pennington
Leah Schwan
Stacia Tietje
Phoenix VanOstrand
Kaitlyn Willson

HONOR ROLL

(ALL A'S & B'S)
SECOND GRADE

Garrett Betz
Emily Bissonnette
Riley Blankenship
Lainey Boyce
Nathan Brighton
Joseph Bruno
Eric Butts
Jagger DeWitt
Jack Etue
Brian Floyd
Madison Garza
Alexandra Gillen
Kayla Grant
Lydia Heilman
Mason Henricks
Julia Herdman
Garett Holmes
Tyler Hudik
Michael Incorvaia
Seth Kanneman
Mason Loeffler
Alexander Majewski
Hanna Miller
Morgan Miller
Victoria Miller
William Newcomb
Kelsey Niles
Korah Overfield
Kamryn Ruetz
Shane Ruetz
Gavin Schmitz
Kahlan Schuster
Reece Serna
William Smithmyer
Lindsey Wade
Emily Yunker

THIRD GRADE

Jacob Baranowski
Adam Baumgartner
Cody Butler
David Carroll
Autumn Carter
Alexandra Davoll
Jessica Harmon
Steven Hausknecht
Olivia Kennedy
Bailey Kessler
Korin Kreuz
Lindsey Krispin
Collin Loeffler
Aliyah Lopez
Joshua Love
Travis Markley
Corbin McCowan
Chasity McCullough
Karissa Moore
Sara Myers
Maureen O'Neil
Tyler Partin
Colten Pawlaczyk
Hannah Pinkelman
Thomas Pollard
Zoey Rauch
Kendra Sanford
Rebecca Sheets
Claire Smith
Sierra Tack
Hunter Van Wert
Seth Vasquez
Haley Wade
Drew Willeman
Isaiah Ziegler

FOURTH GRADE

Anthony Boger
Patrick Brandt

Shane Call
Maggie Carter
Grant Donald
Nicholas Ekleberry
Zackary Floyd
Dieago Funk
Ashley Garlick
Shannon Hardy
Brett Hein
Livia Hein
Hannah Herr
Alyssa Herrick
Skyler Horak
Michael Jaquay
John Machacek
Dalton Mitchey
Grace Mohr
Bailey Monahan
Madison Myers
Morgan Parquet
Aaron Pember
Hannah Pennington
Kaylene Pietrzak
Hannah Prentiss
John Ruth
Madysen Schmitz
Harleigh Snyder
Elisha Tipping
Luc van de Kolk
Trinity Welch
Serenity White

FIFTH GRADE

Gage Brown
Lindsay Carr
Jenna Christlieb
Grace De La Cruz
Katelyn Dickens
Ryan Eckhardt
Rachel Finney
Katelyn Fletcher
Nicholas Hudik
Gabrielle Jennings
Olivia Le Roux
Jonathan Milliken
Sydni Myers
Lauren Overfield
John Silvestri
Delaney Smith

B.U.G.S. (bringing up grades significantly)

SECOND GRADE

Isaiah Chavez
Claire Conrad
Cole Gillen
Trinity Martinez
Tyler Peppers
Grace Petry
Bailey Schoendorf
Ryan Stasa
Brandon Taylor
Abagael Walters

THIRD GRADE

Trevor Cobb
Bryce Hudik

FOURTH GRADE

Garrett Crowell
Kaylee Payne

FIFTH GRADE

Deonte Martens
Amber Roe

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Deadline 15th of the Month