



WELSH CONNECTION

March is National Colorectal Cancer Awareness Month

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Colorectal cancer is the fourth most commonly occurring cancer in the USA and nearly five percent of Americans will develop colorectal cancer in their lifetime. At any time, over one million Americans are currently living with colorectal cancer. Colorectal cancer is the second leading cause of cancer deaths in the United States, with over 56,000 people expected to die from this disease each year. However, it is a preventable and very curable disease if caught early.

Because there are often no symptoms when it is first developing, colorectal cancer can only be caught early through regular screening. The benefits of early detection and treatment are dramatic. The possibility of curing patients after symptoms develop is only 50%, but if colorectal cancer is found and treated at an early stage before symptoms develop, the opportunity to cure it is 80% or better. Most colon cancers start as non-cancerous growths called polyps. If we are able to find these polyps while they are still non-cancerous, we remove them and the cancer may be prevented. Major surgery can usually be avoided.

Colorectal surgeons are experts in the surgical and nonsurgical treatment of colon and rectal problems and play an instrumental role in the effective screening, prevention and treatment of colorectal cancer. Studies have shown that patients treated by colorectal surgeons are more likely to survive colorectal cancer because of their advanced training and the large number of colon and rectal disease surgeries they perform.

- ◆ **Risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and older.**
- ◆ **About 20 to 25 percent of colon and rectal cancer cases have a genetic basis.**

ASCRS Screening Guidelines

The American Society of Colon and Rectal Surgeons (ASCRS), which is dedicated to advancing the treatment of patients with diseases affecting the colon, rectum and anus, supports the following colorectal cancer screening guidelines:

- For people at average risk of getting colorectal cancer, a digital rectal examination and fecal occult blood test, which screens for hidden blood in the stool, are recommended annually beginning at age 50.
- Flexible sigmoidoscopy (a test that allows the physician to look directly at the lining of the lower colon and rectum) is recommended every 5 years at age 50 or older.
- A colonoscopy (a test that allows the physician to look directly at the lining of the entire colon and rectum) every 10 years or a barium enema (x-ray of the colon) every 5 to 10 years are acceptable alternatives.
- People at increased risk for colorectal cancer include those with a personal or family history of colorectal polyps or cancer, those with a personal history of breast, uterine or ovarian cancer, and those with chronic ulcerative colitis or Crohn's disease.
- Increased risk patients may need earlier and more frequent screening depending upon the recommendation of their healthcare provider.



preventable • treatable • beatable

Keep scrolling for tips on Colorectal Cancer and your health!

One Move Wonder: Sculpting Side Angle



Grab a pair of dumbbells and stand with your feet wider than hip-width apart, knees and toes turned out about 45 degrees. Bend your knees and lower your hips straight down, keeping your back straight and abs tight. Squeeze your elbows into your sides and curl your arms halfway up (your arms and body should resemble a letter 'W') [left photo]. Inhale and hold for 1 count.

As you exhale, shift your weight into your left leg and straighten your right leg (foot stays pressed into the floor), pressing your left elbow on top of your left thigh as you extend your right arm straight outside of your ear and look up to your hand [bottom right photo]. Inhale and return to the starting position [left photo]. Exhale and repeat to the other side [top right photo]. That's one rep. Do 20 reps total, alternating sides each time.

Baked Corned Beef and Cabbage Hash

INGREDIENTS

- 1 wedge leftover cooked cabbage
- kosher salt
- Pepper
- 2 tbsp. olive oil
- 1 medium onion
- 8 oz. leftover sliced or deli corned beef
- 1 clove garlic
- ½ c. chopped fresh flat-leaf parsley
- 1 c. heavy cream
- 1 tbsp. Dijon mustard
- 1 lb. russet potatoes
- 6 oz. Gruyère cheese

INSTRUCTIONS

Heat oven to 375 degrees F. If using fresh cabbage, bring a small pot of water to a boil. Add 2 teaspoons salt and the cabbage and cook for 5 minutes; drain and squeeze out any excess moisture.

Heat the oil in a large skillet over medium heat. Add the onion and 1/4 teaspoon each salt and pepper and cook, covered, stirring occasionally, until tender, 8 to 10 minutes. Add the corned beef and garlic and cook, stirring occasionally, for 4 minutes. Remove from heat and fold in the cabbage and parsley.

Coat a deep 8- by 8-inch square baking dish with oil. In a bowl, whisk together the heavy cream and mustard.

Lay a third of the potatoes in the baking dish, slightly overlapping them. Top with a third of the corned beef and cabbage mixture (about 1 cup) and sprinkle with a third of the cheese (about 1/3 cup); repeat once. Top with a last layer of potatoes and cabbage mixture. Pour the cream mixture into the dish.

Cover the baking dish with foil, place on a rimmed baking sheet and bake for 45 minutes. Uncover, sprinkle with the remaining cheese, and bake until the potatoes are tender and the top is golden brown, 25 to 30 minutes more. Let rest for 10 minutes before serving.



A Baked version of a St. Patty's Day classic recipe

Preventing Colon Cancer & the Relationship to Your Lifestyle Choices

While screening is the most important step you can take to prevent colon cancer, it's not the only one. You may be able to lower your colon cancer risk with some simple lifestyle changes. Be proactive about keeping yourself healthy. It will pay off!

Eat Well

Consistent evidence shows diets high in vegetables, fruits and other plant foods reduce risk for many diseases, including colon cancer. In addition to these foods containing lots of dietary fiber and nutrients, plant foods are good sources of substances called phytochemicals, which help protect cells in the body from damage that can lead to cancer. Plant foods can also help us maintain a healthy weight – also important in reducing risk of colon cancer – because many are lower in calories.

Diets high in red and processed meats have also been linked to colon cancer. Red meats include any meat that is red when raw, like beef, pork or lamb. Try to keep your red meat intake to 18 ounces (cooked) per week or less. Processed meats, on the other hand, should be avoided if possible. Processed meats include hot dogs, ham, bacon, sausages, among others, and cancer risk increases even with low consumption.



Get Your Exercise

Research consistently shows adults who increase their physical activity, either in intensity, duration or frequency, can reduce their risk of developing colon cancer by 30 to 40 percent. It's estimated that 30 to 60 minutes of moderate to vigorous physical activity per day is needed to protect against colon cancer. Exercise also helps you to maintain a healthy body weight, which reduces your risk for colon cancer. In fact, studies show people who are overweight or obese are more likely to develop colon polyps, a possible precursor to cancer, and higher weights are associated with higher polyp risk.

Know Your Family Health History

A family history of colon cancer puts you at an increased risk for the disease. A family history is considered to be an immediate family member (parent, brother or sister) or multiple family members with colon cancer or polyps. If you have a family history, you may need to be screened at age 40, or 10 years before the youngest case in your immediate family, whichever is earlier. Talk to your family about their health history!

Avoid Alcohol & Cigarettes

Although modest amounts of some alcohols have been linked to protecting against coronary heart disease, alcohol is known to increase cancer risk. According to the National Cancer Institute, people who regularly drink 3.5 drinks per day have 1.5 times the risk of developing colon cancer as nondrinkers or occasional drinkers. If you do choose to drink, try to limit your consumption. Long-term cigarette smoking is also associated with increased risk of colon cancer. The longer a person smokes, the greater the risk.

Research Links Bacteria in Mouth to Colorectal Cancer



A gut microbe that also appears in the mouth and is associated with various forms of gum disease has been linked to colorectal cancer, as reported in research published Aug. 14.

Colorectal cancer is the second-leading cause of cancer-related death in the United States and second most occurring cancer worldwide.

Whether this is an indirect link or whether it is a causal link remains unclear.

Reported in the journal *Cell Host & Microbe*, the research shows how these human intestinal microbes, known as fusobacteria, stimulate bad immune responses and turn on cancer growth genes to generate colorectal tumors.

Yiping Han, Ph.D., of Case Western Reserve University School of Dental Medicine and collaborators discovered that fusobacteria rely on a *Fusobacterium* adhesin A (FadA) molecule, which is found on the surface of these bacterial cells, to attach to and invade human colorectal cancer cells, *Cell Press* said in announcing the National Institute of Dental and Craniofacial Research supported study. The molecule then turns on cancer growth genes and stimulates inflammatory responses in these cells and promotes tumor formation.

Another study published Aug. 14 found that fusobacteria are prevalent in human adenomas, which are benign tumors that can become malignant over time. This suggests that these microbes contribute to early stages of tumor formation. “Fusobacteria may provide not only a new way to group or describe colon cancers but also, more importantly, a new perspective on how to target pathways to halt tumor growth and spread,” said senior study author Wendy Garrett, M.D., Ph.D., of the Harvard School of Public Health and the Dana-Farber Cancer Institute.



Welsh Mountain is currently accepting new patients! We Accept ALL Insurances!

In the Spotlight

New Employees at WMHC

- Stacie Marrie - Pediatrician/LRCH
- Megan Hensley - Finance Assistant
- Jeanette Lopez - Medical Assistant/LRCH
- Evelyn Pichardo-Bueno - Dental Assistant/WMDC
- Rosa Quinones-Cancel - Dental Assistant/LROH
- Sally Wirbicki - Patient Services Rep/MCFP
- Sherrie Olson - Patient Services Rep/MCFP
- Natasha Stoe - Patient Services Rep/MCFP



Take Action: Email your Representative and Senators in Congress TODAY to ask them to support Health Centers by signing on to the bipartisan support letter. Please also share the **call to action** on your social media channels. To check the most up to date list of co-signers and access supporting resources, please check the Federal Affairs page of the NACHC website here: <http://www.nachc.com/federal-policy.cfm>.



What's Happening?

Community and Local Events

Dress In Blue Day

Friday, March 4, 2016

Sealant Saturday

Saturday, March 5, 2016

Healthy Kids Day

Saturday, March 12, 2016

10:00 AM to 1:00 PM

Lebanon Valley Family YMCA
201 N 7th St., Lebanon, PA 17046



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