

Ebenezer Medical Outreach Goes Blue!

March is Colorectal Cancer Awareness Month

We will be going blue on Friday, March 5th to show our support for Colorectal Cancer Awareness Month. The blue star is a symbol in the fight against colorectal cancer, and these pins were provided by our partners at WVU Cancer Institute. We are focusing on the importance of regular screening for colon cancer for patients aged 50-75 or high-risk patients. We offer the simple, at-home FIT testing kits to our patients who need a routine screening and can connect patients with a provider for a colonoscopy.



The Blue Star is a symbol for the fight against colorectal cancer.

According to the American Cancer Society, among cancers that affect both men and women, colorectal cancer is the third leading cause of cancer-related deaths in the United States. Colorectal cancer is expected to cause close

to 53,000 deaths in 2021 alone.

Regular screening is a proven tool to reduce the risk of colorectal cancer, but often, people avoid being screened out of fear of an unfavorable test result. People also fear the colonoscopy preparation and procedure. There are noninvasive testing methods including the FIT or fecal immunochemical test that we provide. Screening of any kind can help detect the polyps that form in the colon and can turn into cancer. Thankfully, those polyps can be removed and cancer can be prevented! To learn more about colorectal cancer, follow this link: <http://bit.ly/CDCCR76> and read on!

Ebenezer Medical Outreach, Inc.

March 2021

News and Updates

EMO participates in Colorectal Cancer Awareness Month to promote screening for the second most deadly cancer.

March is Women's History Month! Follow us on Facebook for social media updates.

EMO has limited Neighborhood Investment Program tax credits available. Donations of \$500 or greater are eligible for tax credits worth 50% of the donation total. That means less state tax burden for you! Call us at 304-529-0753 or email Lara Lawson at laralawson@emohealth.org

Colorectal Cancer Facts

There may be no symptoms. That's why screening is so important. Other symptoms may include:

- A change in bowel habits;
- Blood in or on your stool (bowel movement);
- Diarrhea, constipation, or feeling that the bowel does not empty all the way;
- Abdominal pain, aches, or cramps that don't go away; or
- Losing weight and you don't know why.



Another token from WVU Cancer Center. On the back it says, "Cancer Stinks. Get Screened."

Risk Factors

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; or
- 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, or a diet high in processed meats;
- Overweight and obesity;
- Alcohol consumption; and
- Tobacco use.

COVID-19 REMINDERS!

Vaccines are available for West Virginians over 50 years of age, and all West Virginians aged 16 and older should go to this site to sign up for an appointment: <http://bit.ly/C19vacreg>

Screening Stories

I want to share my story of how a screening colonoscopy saved my life.

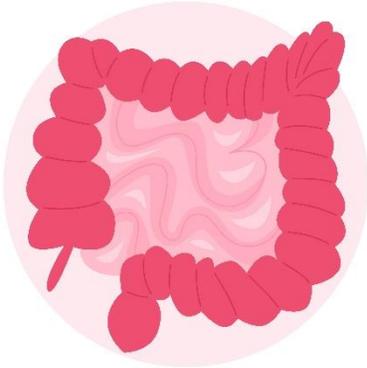
For two years my doctor kept reminding me that I needed to have a screening colonoscopy. I was perfectly healthy and had no family history of colon cancer. I had many reasons to procrastinate, but basically, out of fear of the test, the prep, and a few dozen lame excuses, I chose to ignore my doctor. It wasn't until my husband dared me in front of my doctor that I agreed to the test.

KEEP WEARING YOUR MASK AND SOCIAL DISTANCING! Remember, it's not forever; it's for each other.

To make a long story short, at the age of 52, I was diagnosed with rectal cancer. My fear of colonoscopies was nothing compared to my fear of dying from colorectal cancer!

I was fortunate. My cancer was in the early stages, and surgery offered me a cure. The prep for the colonoscopy was honestly not that bad. The colonoscopy was accompanied by sedation that made me wonder, "Is that all there is to it?" The moral of my story is if I had waited until I had symptoms, it would have been too late.

- Denise, Alabama



Both my father and grandfather died of colon cancer—that's what motivates me to get screened. To have the ability to check things before they get too far along is reassuring. My father did not get screened. It actually wasn't until he had some symptoms that he went to the doctor and they found the cancer. Unfortunately, at that point it had already spread.

I started getting screened right around when I turned 50, and I've had them regularly ever since. The preparation is unpleasant but the procedure itself is nothing. I would tell others—if they can catch it early, before it becomes a problem, why not get screened?

- David, Connecticut

Source: CDC.gov

We hope these stories will help ease your mind about colorectal cancer screening. It can save your life! Call today to schedule an appointment!

Due COVID-19, there were 1.5 million missed colonoscopies from March-June 2020. Read about the importance of continued colorectal cancer screening during the pandemic: <https://bit.ly/32YKFHc>



Ebenezer Medical Outreach, Inc. appreciates donations of cash and gently used medical equipment and supplies such as incontinence products, unused testing supplies for our patients. Please call us at 304-529-0753 to give today!