



Go Blue on Friday, March 4!

March is National Colorectal Awareness Month, and Ebenezer Medical Outreach Inc. plans on wearing blue to show their solidarity to overcoming Colorectal Cancer. This specific type of cancer can affect up to 200,000 people in the United States yearly. It is commonly referred to as bowel cancer or colon cancer, as it can usually inhabit the large intestine. In most cases, a polyp is found inside the rectum or colon.

The warning signs to Colorectal Cancer do not always provide the urgency needed as they can consist of common symptoms such as diarrhea, bloody stools, unexplained weight loss, and abdominal pain accompanied by bloating. Patients have also reported constipation as a symptom. If a patient allows the cancer to go untreated, it could eventually lead to a possible bowel obstruction.

This is why Ebenezer Medical Outreach Inc. encourages their patients to get screened. Preventative care can be a life-saver! For patients 45 or older, EMO has a non-invasive Fecal Immunochemical Test (FIT) which can be done in the privacy of a home. After providing the sample needed, patients should return the test for screening. This can be done by walking in and dropping off the test or the test can be mailed back to EMO.

The FIT Test can detect the presence of blood in stool sample. This does not mean a positive result in having Colorectal Cancer. When blood is found in a FIT test, the next step is to schedule a colonoscopy. This procedure can help in identifying polyps and possibly lead to a cancer diagnosis earlier.

EMO MARCH NEWS

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Visit us online at: emohealth.org

MARCH IS:

- **Colorectal Cancer Awareness Month**
- **Women's History Month**
- **Kidney Health Month**
- **Developmental Disability Awareness Month**

PROGRAM NEWS AND HIGHLIGHTS:

- Wear Blue Friday, March 4
- myWalgreensDonation Program
- Health Fairs
- Eye Clinic Success
- NIP Tax Credits Available

EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753.

You can donate at emohealth.org by clicking the donate button!

It is also recommended to have a colonoscopy done every 10 years. There is not an exact reason Colorectal Cancer develops, however several factors can increase the chances of being diagnosed with this specific cancer type. Inherited gene mutations can lead to this type of cancer development in certain individuals. Also, African-Americans have a higher Colorectal Cancer rate. Other contributing factors include people who suffer from chronic inflammatory diseases as well as lifestyle factors such as smoking and eating a high-fat-low-fiber diet. Alcohol consumption and advanced age has also been found to have a common link in cancer diagnosis.

Preventative tests and lifestyle changes are not a guaranteed cure to avoid a Colorectal Cancer diagnosis, but early detection and treatment could be a key component in creating an upwards trend towards long term survival. This is what EMO plans on celebrating Friday, March 4, as they wear their blue to honor all those who have and will beat Colorectal Cancer.

EMO Joins myWalgreens Donation Program

Help communities *you* care about by donating your Walgreens Cash rewards.

myWalgreens[™]



Do you have extra, unclaimed or unused Walgreens Cash Rewards? Ebenezer Medical Outreach Inc. is excited to announce that they are one the newest nonprofits to join the myWalgreens Donation Program. This program allows you to choose a local charity and give a specified donation amount of your choice. It's as easy as signing into the personalized dashboard on walgreens.com, then scrolling down to the "Help Communities You Care About" where you will find a 'donate now' button. After clicking through, scroll down through the three available charities to find Ebenezer Medical Outreach, Inc. Simply enter the amount you wish to give and these proceeds will be tallied and sent to EMO. Every little bit helps to provide continuing healthcare coverage and treatment for all who are in need.

NIP CREDITS



- ONLY A LIMITED AMOUNT OF CREDITS ARE AVAILABLE
- FIRST COME FIRST SERVE

*EBENEZER
MEDICAL
OUTREACH INC.*

EMO still has a limited amount of their Neighborhood Investment Program (NIP) Credits available on a first come, first serve basis. These are a dollar for dollar matching tax credit which can be applied to any donation over \$500. These credits are only available until March 16, 2022. Claim your NIP Credit by calling EMO at 304-529-0753.

PROGRAM NEWS

THE 2022 EYE CLINIC took place on Thursday, Feb. 24. The WVU Eye Institute and Ebenezer Medical Outreach helped in serving over 70 plus patients this year.

HEALTH FAIRS: Friday, Feb. 25, EMO participated in the Black History Month Health and Wellness Fair which took place from 6 until 8 p.m. at A.D. Lewis Center. The event hosted several booths, health screenings, and free COVID vaccines and booster shots. Giveaways took place throughout the evening as participants filled up their passports with gold stars. The Black History Month Health and Wellness was hosted by Fairfield CDC and Marshall University School of Pharmacy. On Thursday, March 10, please visit EMO at CCCSO located at 630 9th Avenue in Huntington, West Virginia, for the Senior Health Source Fair starting at 1 p.m.

