

# Highlight on Health

*A Custer Health Publication*

## Important Dates

**March 3** - Show your support of colorectal cancer awareness by wearing blue clothing.

**March 8** - Car Seat Check-Up at Puklich Chevrolet; 3-6 p.m.

**March 9** - Baby's First Ride; St. Alexius Meeting Room 1 and 2; 7-8 p.m.

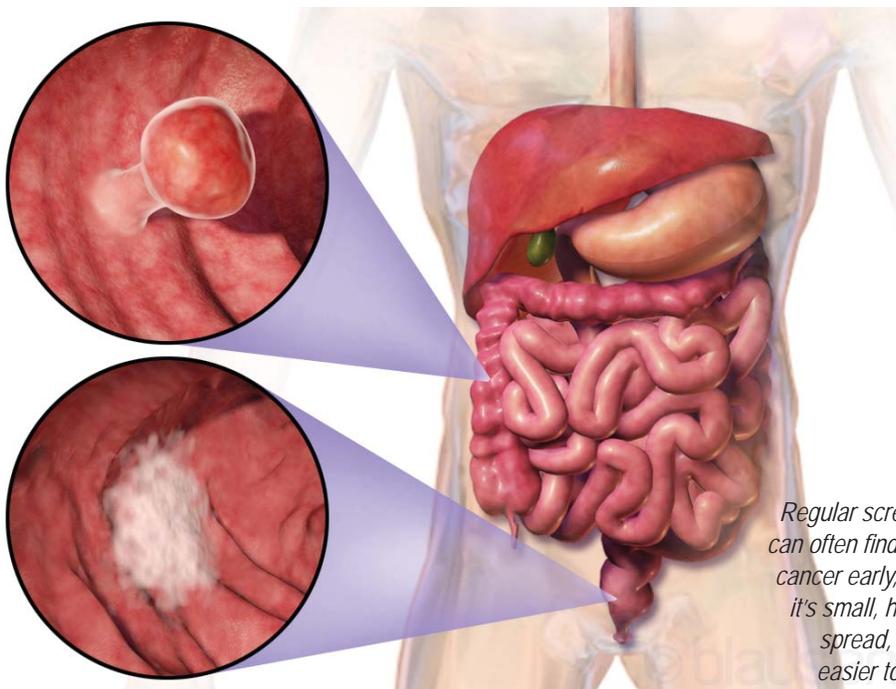
**March 15** - Kick Butts Day; A day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco.

**March 22** - World Water Day; Focus on the importance of fresh water and advocates for the sustainable management of fresh-water resources.

**March 24** - World TB Day

**March 28** - American Diabetes Alert Day

**April 19** - Walk for Wellness; 10-11 a.m. in Fort Yates; Registration begins at 9 a.m. at the Tribal Administration Building.



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## Early Detection Key for Colorectal Cancer

Regular screening can often find colon cancer early, when it's small, has not spread, and is easier to treat. For many people, having these tests can help prevent colorectal cancer altogether. This is because some polyps, or growths, can be found and removed before they turn into cancer. Preventing colorectal cancer, or finding it early, doesn't have to be expensive, either. Some tests are simple, affordable, and done at home.

6 Tests for colorectal cancer include:

- Guaiac-based fecal occult blood test (gFOBT) and the fecal immunochemical test (FIT): Samples of stool are checked for blood, which might be a sign of a polyp or cancer.
- Stool DNA test (sDNA): A stool sample is checked for certain abnormal sections of DNA (genetic material) from cancer or polyp cells
- Sigmoidoscopy: A flexible, lighted tube is put into the rectum and lower colon to look for polyps and cancer.

**Did You Know?**  
The American Cancer Society estimates 135,430 people will develop colorectal cancer in 2017.

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# North Dakota Cancer Coalition

*Planning for a cancer-free future.*

# Turn ND Blue for Colorectal Cancer Awareness



## Walk for Wellness

**Wednesday, April 19**  
**@ 10-11 a.m.**  
**Fort Yates**

~ Registration begins at 9 a.m.  
**at the Tribal Administration Building**  
 ~ Ends at the AJ Agard Center

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- Colonoscopy: A longer, flexible tube is used to look at the entire colon and rectum.
- Double-contrast barium enema: This is an x-ray test of the colon and rectum.
- CT colonography (virtual colonoscopy): This is a type of CT scan of the colon and rectum.

For more information about these tests and the steps you can take to help prevent colorectal cancer, visit [cancer.org/colon](http://cancer.org/colon) or call the American Cancer Society® at 1-800-227-2345. We're there when you need us – 24 hours a day, 7 days a week. (Source: American Cancer Society)