

FOODS THAT PROTECT!



*DID you know that scientists now believe that the right combination of foods - in a predominantly plant-based diet - can protect us against many significant health concerns? It's true! Evidence is mounting that the minerals, vitamins and phytochemicals in plant food interact to provide extra protection, particularly against cancer. The concept is called **synergy**.*

*In addition, fruits, vegetables, whole grains and beans are **low-energy dense**, low-calorie foods that probably protect against weight gain. What does that mean, exactly? Energy-dense foods tend to be processed foods with sugar and fat added to improve the taste. The result is more calories per ounce. For example, 3.5 ounces of milk chocolate contains about 520 calories; 3.5 ounces of apple contains about 52 calories. So, by choosing a diet based on low-energy dense foods, you can actually eat more food but*

consume fewer calories. Further, foods that are low in energy density, like the apple, are high in fiber and water. Most vegetables, fruits and beans fall into the low energy-dense category. It is yet another reason to base your diet on plant-based foods!

According to the Second Expert Report, researchers believe that weight gain - especially obesity and overweight - are implicated in the development of cancer. Eating a predominantly plant-based diet can help prevent weight gain and therefore protect against those cancers whose risk is increased by higher body fat.*

So start your days right! A breakfast smoothie is just one quick (especially if made in batches to freeze) way to get fruits into your daily diet. Learn more at www.aicr.org!

FRUIT SMOOTHIES

*Summer is Coming!
Here's an easy way to keep cool --
and get 3 servings of fruit!*

- 1 1/2 cups low fat plain yogurt*
 - 1 banana (frozen if possible)*
 - 5 - 10 frozen strawberries*
- Place all items in blender (add ice if using fresh fruit) and blend until smooth - that's it!*



Check out www.smoothieweb.com for dozens of smoothie ideas!

**Second Expert Report is developed by the WCRF-UK and the American Institute for Cancer Research. It can be viewed at http://www.aicr.org/site/PageServer?pagename=res_report_second*



HAVE YOU BEEN TESTED?

March was **National Colorectal Cancer Awareness Month** – the primary goal of which was to increase awareness that colorectal cancer is largely preventable, treatable and beatable. In fact, if everybody aged 50 and older had regular screening tests, nearly 60% of the deaths related to it could be prevented.

Basic Facts

Colorectal cancer is a cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. The colon is the large intestine and the rectum is the passageway that connects the colon to the anus. It affects both men and women of all racial and ethnic groups, and is most often found in people aged 50 years or older. For men, it is the third most common cancer after prostate and lung cancers. For women, it is the third most common cancer after breast and lung cancers. **Most importantly, in many cases, this disease can be prevented.**



If everyone aged 50 and older had regular screening tests, 60% of the cases could be prevented



Prevention

One of the most powerful weapons in preventing colorectal cancer is regular screening or testing. From the time the first abnormal cells start to grow, it generally takes about 10 to 15 years for them to develop into colorectal cancer. Therefore, regular screenings can, in many cases, prevent the disease altogether. This is because polyps, or growths, can be detected and removed before they have the chance to turn into cancer. Screening can also result in finding colorectal cancer early, when it is highly curable.

People who have no identified risk factors (see box on following page) other than age should begin regular screening at age 50. However, those with additional risk factors should talk with their doctor about starting screening at a younger age and more frequent intervals. Here is a general description of the different screenings:

- **Fecal Occult Blood Test** – Checks for occult (hidden) blood in the stool. Usually done at home, you simply place a small amount of your stool from three consecutive bowel movements on test cards. The cards are then returned to your doctor (or screening site) where they are checked for blood. This is recommended yearly for those 50 and over. If blood is found, a follow-up colonoscopy will likely be required.

- **Flexible Sigmoidoscopy** – Healthcare Provider uses a narrow, flexible, lighted tube to look inside the rectum and lower portion of the colon to look for possible polyps (abnormal growths). During the exam, the polyps or samples of tissue may be removed for closer examination. This test is recommended every 5 years. Anesthesia is used, so there is no discomfort during procedure.

Colonoscopy – Healthcare provider use a flexible, lighted tube to visually inspect the interior walls of the rectum and entire colon. During the exam, the polyps or samples of tissue may be removed for closer examination. This is generally administered every 10 years. A colonoscopy may also be used if

anything unusual is found during the other screenings. Anesthesia is used, so there is no discomfort during procedure.

- **Double-contrast Barium Enema** – This test uses a series of x-rays of the colon and rectum, taken after the patient is given an enema containing barium dye followed by an injection of air in the lower bowel. This is generally administered every 5 years.

Speak to your healthcare provider TODAY about which screening is most appropriate for you. Remember that colorectal cancer is one of the MOST PREVENTABLE forms of cancer -- and most treatable when detected early -- so make the call today!

A Risk Factor is anything that increases the chance of getting a certain disease. Speak to your doctor if these apply to you:

- Age – Risk increases after age 50
- Personal history of colo-rectal cancer or polyps
- Family history of colorectal cancer
- Personal history of Inflammatory Bowel Disease, including ulcerative colitis and Crohn's Disease
- Diets high in fat, especially fats from animal sources
- Physical Inactivity
- Smoking
- Heavy alcohol use
- Diabetes

Source: American Cancer Society - Risk Factors for Colorectal Cancer

Just One More Reminder!

In addition to eating plenty of fruits, vegetables, and whole grain foods and limiting the intake of high-fat foods (see front page), physical activity must be incorporated into our daily lives. Most experts recommend at least 30 minutes (though preferably more) of physical activity on 5 or more days of the week. Spring is here! So get outside - play ball with the kids, walk the dog an extra two blocks or visit with a friend while walking through a park - just do it!



Screening Opportunities Throughout Sussex County

Early detection for all cancers dramatically increases the rate of treatment success. Take advantage of low cost screening opportunities throughout the county.

Low-income, uninsured or under-insured

The New Jersey Cancer Education and Early Detection (NJCEED) Program provides comprehensive outreach, education and screening services for breast, cervical, colorectal and prostate cancers. New Jersey residents who are income eligible and are uninsured or under-insured can qualify for free breast, cervical, colorectal and/or prostate cancer screening services under the NJCEED Program. See next column for upcoming screening dates.

Men's Health Screening

Includes PSA Blood Test, BMI, diabetes screening, physician exam for prostate cancer; Recommended for 50+ and those with additional risk factors.

April 16 5:30 PM - 8:30 PM*
Sussex County Health Center
Homestead-Frankford

For Men and Women

SMA-Chem 18 Blood Screenings (\$25.00) - A basic blood test that measures blood sugar, cholesterol, and other body functions will be held:

April 23 8:30 - 11:00 am*
Sparta Ambulance Building, Sparta

May 14 8:30 - 11:00 am*
Wantage Municipal Building, Wantage.

**Call 973-579-0570 ext. 1211 for an appointment!*

Sponsored by the Sussex County Department of Environmental and Public Health Services. Screenings are available to residents who live in the following municipalities: Andover Boro, Andover Township, Branchville, Byram, Frankford, Franklin, Fredon, Green, Hamburg, Hampton, Hardyston, Lafayette, Montague, Newton, Ogdensburg, Sandyston, Sparta, Stanhope, Stillwater, Sussex, Walpack and Wantage.

Women's Health Screenings

For all Sussex County NJCEED-eligible residents

Monday, April 14	8:00 am - 12:00 PM
Monday, May 5	8:00 AM - 12:00 PM
Monday, June 2	8:00 AM - 12:00 PM
Monday, July 14	8:00 AM - 12:00 PM
Monday, August 4	8:00 AM - 12:00 PM

All of the above are located at Saint Clare's Hospital, Sussex. Call the NJCEED Coordinator for income eligibility guidelines or an appointment at 973-702-2740

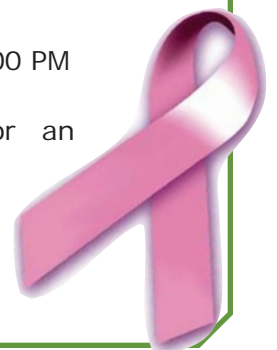
For Vernon Township Women

Monday, May 5 1:00 PM - 4:00 PM
Located at Vernon Twp. Health Department
Call 973-764-4055 ext. 2268 for an appointment

For Hopatcong Borough Women

Wednesday, May 14 5:00 PM - 7:00 PM
Located at Hopatcong Health Dept.
Call 973-770-1200 ext. 146 for an appointment

**Mammograms
Save Lives.**





**May 31 - June 1.
One day. One night.
One community.**

The RELAY FOR LIFE® of Greater Sussex is coming to Sussex County Community College! Come join your community in the fight against cancer. Contact the Greater Sussex Chapter of the American cancer Society at 973-331-3794 ext. 5130 for info!

4th Annual Sparta Mountain Day

Sunday May 18th
"Our Health - Our Environment"
8:00 am - 10:30 am

Take Part in the **LIVESTRONG 5K Walk/Run** for the **Lance Armstrong Foundation** (rain or shine!) Please email mmorrison@nac.net for more info!

Need to talk with someone who really understands?

Stop by an ongoing Support Group - held at the Sparta Health & Wellness Center 89 Sparta Avenue, Sparta

Man-to-Man Prostate Cancer Support Group
3rd Tuesday of each month, 6:30 PM
Call 973-579-8620

Women's Breast Cancer Support Group
2nd Tuesday of each month, 6:30 PM
Call 973-579-8340

Life After Cancer
Last Tuesday of each month, 6:30 PM
Call 973-579-8620



WHO WE ARE

The Sussex County Cancer Coalition is composed of many local and national community organizations. The Coalition's focus, through public education, is to intensify awareness and reduce the morbidity/mortality rates of cancer disease in the county. Learn more about the Cancer Coalition and our partners at <http://www.sussexagainstcancer.org> or by calling 973-579-0570 x 1212. *Here are the Coalition member organizations that make it all possible:*

Hopatcong Health Dept.	Project Self Sufficiency	Sparta Cancer Center
Compassionate Care Hospice	SCARC, INC	Vernon Health Department
Sussex County Division of Social Services	Saint Clare's Health System	Karen Ann Quinlan Hospice Center
The Center for Prevention and Counseling	Sussex Co. Office of Public Health Nursing	NJDHSS Office of Cancer Control and Prevention
Sussex County Board of Chosen Freeholders/Harold J. Wirths	Surgical Associates of Sussex County/Brian F. Newman, MD FACS	Sussex County Medical Associates / Sharon St. Angelo, NP
Dr. Min-Yen Han, Internist	Newton Memorial Hospital	Sussex County Chamber of Commerce
Sussex County Division of Senior Services	Sussex County Dept. of Environmental and Public Health Services	New Jersey Cancer Education and Early Detection (CEED)

The Sussex County Cancer Coalition is made possible by a grant to the Sussex County Department of Environmental and Public Health Services and from the New Jersey Department of Health and Senior Services' Office of Cancer Control and Prevention. The mission of the Sussex County Cancer Coalition is to implement the New Jersey Comprehensive Cancer Control Plan in Sussex County. For more information on Comprehensive Cancer Control in New Jersey, please visit: www.njcancer.gov.

Attention Sussex County Municipal Leaders!

You are invited to our first-ever "Municipal Leaders' Breakfast" on Saturday, April 26th at The Mohawk House! Come learn about the many new initiatives sponsored by the Sussex County Cancer Coalition. Most importantly, we'll discuss ways in which local municipalities can partner with us to help provide important educational programs and services in your local town. Register today! Call 973-579-0370

Our Mission:

To utilize a diverse partnership of community members and resource agencies working collaboratively to encourage cancer prevention behaviors and increase early cancer detection in Sussex County residents.