

# Union County Health Council Newsletter



March 2010

Our Four Areas of Focus:

Nutrition

Exercise

Smoking

Teen Pregnancy

Join us at our monthly meetings on the last Thursday of each month at the Morganfield Senior Citizen Center at 8 AM.

Become a fan of Union County Health Council on Facebook

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## March is Colon Cancer Awareness Month

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*Save Lives, Promote Colon Cancer Awareness and Dress in Blue  
March 5, 2010*

The Kentucky Cancer Program Green River District Cancer Council is launching a public awareness campaign to increase colon cancer screening with Dress in Blue Day on March 5<sup>th</sup>. Council partners are joining organizations, businesses, schools and churches throughout the community to encourage everyone to wear blue. A lunch and learn will be held at the Morganfield Senior Citizen Center on Friday March 5<sup>th</sup> at noon, sponsored by the Union Co Health Council, Morganfield Lions Club, Kentucky Cancer Program, and Green River Regional Health Council. Activities will continue during the year to provide education and to organize special programs.

Few cancers are as easily prevented as colon cancer. Yet over 2,500 Kentuckians will be diagnosed with colon cancer this year and nearly 900 will die. March is National Colorectal Cancer Awareness Month, time to call your doctor and ask about a screening test that's right for you. Routine screening is highly effective. Nine out of ten colon cancers may be prevented or cured if detected early.

The burden of colorectal cancer in our state is significant. Kentuckians are diagnosed at a higher rate than the rest of the nation and the mortality rate is among the highest. Colon cancer is the second leading cause of cancer deaths in the nation and the state. The screening rates in Kentucky are also lower than the national rate.

Early colon cancer usually has no symptoms, so it's important to be screened. Age is the most common risk factor. It is recommended that everyone age 50 and older be screened. If you have a personal or family history of cancer, or certain risk factors such as polyps (growths) or inflammatory bowel disease, you should check with your doctor about getting screened at an earlier age.

There are several different tests for colon cancer. Some can be done at home to check for hidden blood in the stool. Other tests must be done in a healthcare facility by a physician and may use x-rays or a thin flexible tube to examine part or all of the colon. Most insurance plans, Medicaid and Medicare help cover the cost.

Numerous organizations at the state and local level have worked to pass legislation to establish a colon cancer screening program and efforts continue to make screening more available to the uninsured.

*Dress in Blue - tell your friends why and call your doctor today to make an appointment.* Don't let fear, embarrassment or any other reason keep you from taking the next step.

Special Dress in Blue announcements and free colon cancer screening posters and materials are available from the Kentucky Cancer Program [www.kycancerprogram.org](http://www.kycancerprogram.org) "What's New".



## **Union County Go Red for Women Heart Health Luncheon**



**Thanks to our sponsors:**  
Union County Health Council  
Union County Extension Office  
Methodist Hospital Union County  
Green River Regional Health Council  
Green River District Health Department

# Let Cullenook Farms do your gardening this spring! They have the highest quality produce and it is grown right here in Union County. Locally owned fruits and vegetables are much fresher, more natural, and better tasting too!

In recent years Community Supported Agriculture (CSA) has become a popular way for consumers to buy locally grown and seasonal food directly from the farm. The basics of the program are outlined below:

A farmer offers a certain number of “shares” to the public. Typically a share consists of an offering of fruits or vegetables, but other farm products may be included.

Interested consumers purchase a share (aka membership) or a subscription and in return receive a box of seasonal produce each week throughout the farming season.

Advantages for consumers:

- Experience fresh food, with all the flavor and benefits locally grown has to offer.
  - Expose your family to new vegetables and new ways of cooking.
- Find that kids typically favor food from “their” farm – even vegetables they’ve never been known to eat.
- Perhaps the greatest advantage of the CSA program is that you can develop a relationship with the farm that grows your food.

Visits to the farm are welcome. Young and old alike are encouraged to come out and learn more about how the foods that we eat are grown.

Cullenook Farms is GAP (Good Agricultural Practices) certified and a member of the Kentucky Department of Agriculture’s *Kentucky Proud* program. Cullenook is also a proud supporter of *West Kentucky Agritourism*.

They are sincerely concerned about the health and wellness of all citizens of this area as well as the state.

**To sign up for this innovative program, contact Cullenook Farms at 270-952-8488 or [mumfarm@bellsouth.net](mailto:mumfarm@bellsouth.net). [www.cullenookfarm.com](http://www.cullenookfarm.com)**



**“My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.”**

# Dress in Blue Day!

## Friday, March 5, 2010

Save Lives, Promote Colon Cancer Awareness, Dress in Blue!



**March is National  
Colorectal Cancer  
Awareness Month.**

**Dress in Blue on  
Friday, March 5th  
and tell your  
friends why!**

COLON  
CANCER  
ALLIANCE



*Inform. Prevent. Support.*

*This activity is supported by an educational  
donation provided by Amgen.*

### **Did you know?**

- Colon cancer is the second leading cause of cancer death in the U.S.
- This cancer is mostly preventable.
- Screening saves lives.

**Encourage your friends and family  
to get screened...Dress In Blue!**

The Colon Cancer Alliance is committed to ending the suffering and death caused by colorectal cancer.

The Colon Cancer Alliance, Inc. is a not-for-profit 501(c)(3) corporation.

**KCP**  
Kentucky Cancer Program

District Cancer Councils  
[www.kycancerprogram.org](http://www.kycancerprogram.org)

**For more information go to [www.ccalliance.org](http://www.ccalliance.org)**