

Webster County Health Council News

Pam Hunter, Facilitator
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993 8282



March is Colon Cancer

Awareness Month

Dress in Blue to Make a difference and help raise awareness for this second leading cause of deaths in the U.S.. Colorectal Cancer often has no symptoms until its advanced stages. Colon Cancer is 80% preventable when polyps are detected early and removed. Regular screening, beginning at age 50(or earlier if you have a family history of colon cancer) can help reduce the risk of colon cancer. Colorectal Screenings Saves lives.

Colorectal polyps: Polyps are growths on the inner wall of the colon or rectum. Most polyps are benign (not cancer) but some polyps (adenomas) can become cancer. Finding and removing polyps may reduce the risk of colorectal cancer.

Symptoms include rectal bleeding, blood in the stool or toilet after a bowel movement, prolonged diarrhea, change in size or shape of your stool,

Abdominal pain or a cramping pain in your lower stomach.

Reducing your risk

You can take action to reduce your risk of developing colon cancer by:

Eating at least five servings of fruits and vegetables a day.

Limiting your fat intake to no more than 30% of your total daily calories.

Exercising regularly

Maintaining your idea weight

Quit Smoking

Limiting alcohol

Check website for more info....

<http://chfs.ky.gov/dph/ColonCancer.htm>

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Watch for ads on Lunch and Learn at Webster County Extension Office March 29th.. This event is open to the public and offers free and informative literature. This event is sponsored by Green River Health District Dept. and KY Cancer Program from Owensboro.

2nd Annual Kentucky Health Literacy

Summit:

Nationally recognized speakers and interactive sessions will provide practical guidelines, tips and resources, including

Health Literacy 101: Intro to the field

What Works: Examples of best practices, panel

Resources: What is available to improve the work of your agency?

Consumer Engagement: Motivation of human behavior.

Participants from nonprofits, for-profits, education, libraries, government and health organizations are invited to attend this summit to create a strong, cohesive health literacy effort in our Commonwealth. To register, visit healthliteracykentucky.org or for more information, contact Charles Jackson at (502) 580 1245. ocjackson@humana.com

Next Health Council

March 22, 11:30 at Ext office in Dixon, Lunch is provided.

Kentucky Women's Health Registry!

The KY Women's Health Registry at the UK's Center for Advancement of Women's Health needs women who are over age 18 and living in KY to take a confidential health survey once a year.

Registry data is protected by a Certificate of Confidentiality from the National Institute of Health. The survey can be taken online at <http://www.kywomensregistry.com> or on paper (complete with postage paid envelope) by calling 800 929 2320 to request paper version. The information collected is used by researchers in KY to better understand how women's health changes over time. Your personal information is not shared with anyone and only used to remind you to take the survey next year. A goal of 2500 new women is to improve their health and health care. If you have any questions contact Mary Johnson, Register Study Coordinator at 859 323 1377 or by emailmajohng@uky.edu.

Let's improve Women's Lives !

Water First.....

.....**Think your Drink.....**

Selling Soda..

It's plain and simple. Companies want your money and they'll do what it takes to get it. There are thousands of sugary drinks---soft drinks, energy drinks, fruit drinks, tea drinks, sport drinks, coffee drinks. Some are created just for kids, some for teens, others are designed for moms, others are made with dads in mind. They'll use bald body builders, hip-hop dogs and baby polar bears to convince you that their drink is the drink for you.

Sugary drinks cost just a few cents to make---they're just water, sweetener, color, flavor, caffeine, additives and preservatives. But they spend billions of dollars advertising them so you will want them and want them bad. Even though their overpriced they designed to make you buy them. Too many are bad for your health...Be Smart.Think before you drink. Don't go crazy on sugary drinks. Save your money and your health. Drink Water!

Preventing Teen Abuse of

Prescription Drugs

What is prescription Drug Abuse? The use of prescription medication to create an altered state, to get high, or for reasons or by people other than those intended by the prescribing doctor.

How many teens are doing this? Research conducted by The Partnership at Drugfree.org an many as one in five teens say they have taken a prescription drug without having a prescription for it. This behavior cuts across geographic, racial, ethnic and socioeconomic boundaries.

What are the risks? There are both acute(immediate) and longer term risks. Short term, overdosing(especially on prescription pain relievers) can be fatal. Longer term, prescription opioids(pain relievers)are potentially addictive.

Parents should educate themselves.drug free.org is a resource of support and tools. Safeguard your own medicines. Talk with your children and love them lots.