

To YOUR Health

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WELCOA'S ON-LINE GENERAL WELLNESS BULLETIN

CONSIDER THIS...

Colon Cancer: Prevention & Early Detection

Besides lung cancer, we know more about how to prevent colon cancer than any other cancer. Here are seven key steps to fighting colon cancer.

1. Get regular screening tests

Keep these tests in mind and on your calendar:

- Occult Blood Test every year
- Flexible Sigmoidoscopy every 5 years
- Barium Enema & Colonoscopy every 10 years

2. Walk an hour a day

3. Eat less red meat

4. Take a multi-vitamin with Folic Acid

5. Maintain a healthy weight

6. Don't smoke and limit alcohol intake

7. Talk to your doctor about aspirin

Source: *Healthy Woman, Healthy Lives: A Guide to Preventive Disease, From the Landmark Nurse's Health Study.* Susan E. Hankinson, RN, Sc.D., et al, Harvard Medical School Book Simon & Schuster 2001

★ ★ ★ FEATURE ARTICLE ★ ★ ★

THE SILENT KILLER

COLON CANCER AND WOMEN

Colon cancer is the third leading cause of cancer deaths in women and yet is one of the most preventable of all the cancers. Contrary to popular belief, colon cancer is just as prevalent in women as it is in men. In fact, colon, breast, and ovarian cancers frequently occur in a cluster that runs in some family groups.

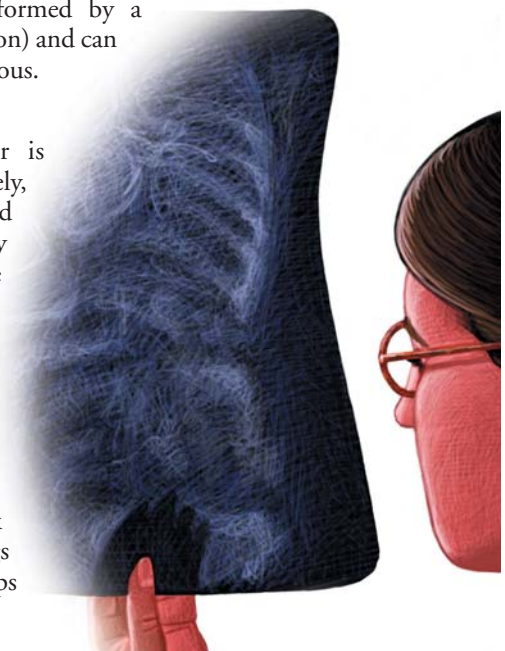
Colon Cancer Basics

Your colon is a part of your digestive system. Along with the rectum, the colon makes up the large intestines. The primary function of the large intestines is to absorb water and store solid waste. Because the byproducts of digestion may sit in the colon for a while, it is vulnerable to the cancer causing effects of many chemicals and toxins that can damage the delicate tissues. Diets that promote regular elimination and plenty of water are among the healthy daily routines that can promote colon health.

Colon cancer is thought to arise from small polyps (paul-ups). These polyps can be seen on a colonoscopy (a procedure performed by a physician to assess the health of your colon) and can be removed before they become cancerous.

Early Detection Is The Key

When detected early, colon cancer is almost always treatable. And, fortunately, colon cancer is slow growing and survival rates are very good. Early detection by regular screening can save your life, and studies have shown that there are a number of things you can do to reduce your risk of colon cancer. Unfortunately, many women are too embarrassed to discuss colon cancer with their doctor, even though it can save their life. **So here's the lesson ladies:** Speak up for yourself, ask questions, get regular screenings beginning at age 50, and take steps towards preventing this silent killer.



"The Wellness Councils of America is dedicated to building world-class corporate wellness programs."

RUNNING HOT

KEEPING YOUR COOL WHEN FEVER STRIKES

Running a fever is no fun. The aches, the pains, the chills and cold sweats—all you want to do is feel better. And while fevers are a common, even expected part of life, how do you know if you or one of your family members has more than just a “run of the mill” fever? Take a look at some signs of a serious fever and then learn how you can keep your cool using self-care the next time you’re running hot.

Signs Of A Serious Fever

If you or a loved one display any of the following signs, self care is not an option. See a doctor right away if:

- **The fever is 101.5 degrees or higher (a treatable fever)**
- **The fever is accompanied by seizures, stiff neck, confusion, or shortness of breath**
- **The fever lasts more than three days for an adult or two days for a child**

- **The person with the fever is less than six months old**

Chilling Out

If the fever is not of a serious variety outlined above, use the following tips to start feeling better fast.

- **Drink eight to 16 eight-ounce glasses of water per day**
- **Eat foods easy to digest—like soup**
- **Get plenty of rest**
- **Take acetaminophen, aspirin, or ibuprofen to reduce the fever**
- **Take a sponge bath with lukewarm (not cold) water. Do not use rubbing alcohol**

Use these tips to decide whether you need to see a doctor or if you can use self-care to feel better. Keeping these tips in mind will ensure that the next time you’re running hot, you’ll be able to keep your cool.

Aspirin & Fever: What You Should Know

Often, when we have a fever, we reach right for the aspirin bottle to help turn down the heat—and with good reason. In general over the counter fever reducers like aspirin, acetaminophen, and ibuprofen are safe ways to reduce fever. But as with any self-care procedure, it’s good to brush up on the fundamentals to help ensure that you and your family stay safe.

Here’s a quick refresher on how to use fever reducers safely.

- ***If taking acetaminophen, only take the recommended dosage—excessive amounts can cause liver damage***

- ***Because of the risk of Reye’s disease, DO NOT give aspirin to children under the age of 17. Instead, give children acetaminophen or ibuprofen***
- ***Self-treatment is not recommended if the fever is 101.5 degrees or higher (referred to as a treatable fever). Contact a doctor if your fever is of this variety***

Remember, fever reducers like aspirin, acetaminophen, and ibuprofen are generally safe ways to reduce fever—but use caution. As with all self-care procedures, following a few simple guidelines will ensure that you stay safe.

