

COLORECTAL CANCER AWARENESS MONTH

Did You Know?

- Colorectal Cancer is the 2nd leading cause of cancer deaths in the US, but 90% of cases are curable if detected early.
- If you are age 50-75, you should get screened for Colon Cancer. About 90% of new cases occur in people 50 years or older.
- If you have a family history of Colon Cancer, ask your doctor about when you should start regular screenings.
- You can reduce your risk by quitting smoking, exercising regularly, eating well and maintaining a healthy weight, limiting Alcohol consumption, and getting screened.



Find out more at ccalliance.org

MENTAL HEALTH CORNER

National Sleep Awareness Week is March 14-20, 2021

How Can Sleep Affect You?

- Consistent good sleep may be a protective factor against heart disease, diabetes, stroke.
- Without enough sleep, your immune system might not be able to function at its best.
- Chronic sleep disruptions increase the likelihood of negative thinking, depression, anxiety and emotional vulnerability.
- Good quality sleep assists with the recovery from stressful experiences and is related to greater mental resilience.
- When we get poor sleep, we struggle holding our attention, our memory becomes poorer, our reactions slow down, and our mood changes more than usual.

Find out more at sleephealthfoundation.org

Tips for Better Sleep:

- Have a regular bed-time and wake-up time.
- Avoid caffeine before bed.
- Exercise during the day.
- Keep your bedroom quiet and dark.
- Keep screens like TV, phones, and computers out of the bedroom.
- Find a calming bedtime routine that works for you.