

NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal Cancer is the second deadliest cancer in the US, but it is highly preventable and treatable if it is caught early. Not being screened on time can give the cancer time to grow and worsen and many people who could get checked, don't. Most people should get screened starting at age 45, but it may be sooner if you have a family history or other factors that put you at a higher risk for Colorectal Cancer. Talk to your doctor about when you should start getting screened.

Did you know?

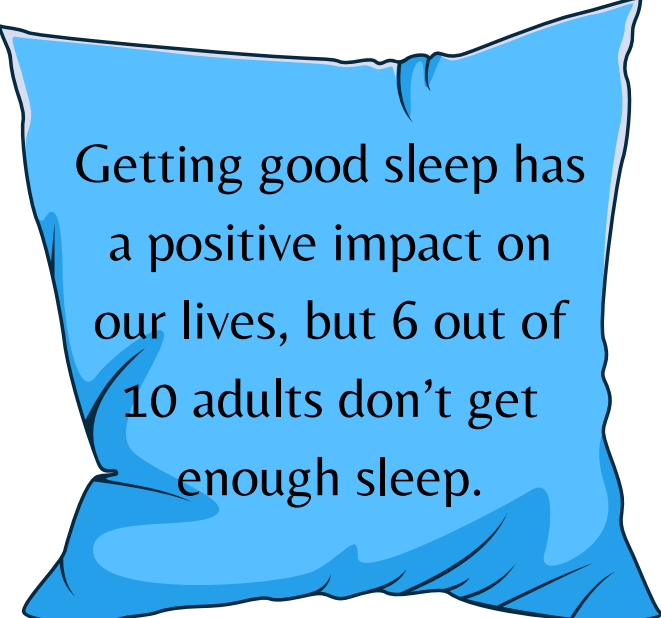
While a Colonoscopy is a safe procedure that is considered the "Gold Standard" to screen for Colorectal Cancer, there are other options, including several at-home tests and other procedures that can screen for Colorectal Cancer. Talk to your doctor to decide which is the best fit for you!

Find out more at: ColorectalCancer.org 

MENTAL HEALTH CORNER

National Sleep Awareness Week

March 8-14, 2026



Getting good sleep has a positive impact on our lives, but 6 out of 10 adults don't get enough sleep.

Sleep recommendations change depending on how old someone is. Newborn babies need 14-17 hours of sleep, while an older infant needs 12-15 hours. Toddlers ages 1-2 need 11-14 hours of sleep. Preschool aged children need about 10-13 hours and teenagers need 8-10 hours of sleep. Adults should try to sleep 7-9 hours each night.

Find out more at: TheNSF.org