

# WHAT THE HEALTH!?

## March COLON CANCER AWARENESS MONTH



✓Preventable ✓Treatable ✓Beatable

Colorectal cancer is the 2nd leading cause of cancer deaths in the United States. Every year 140,000 Americans are diagnosed with colorectal cancer and 50,000 die from it.

### Screenings Save Lives!

- Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.
- Screenings can find colorectal cancer early, when treatment works best.

### What Can You Do?

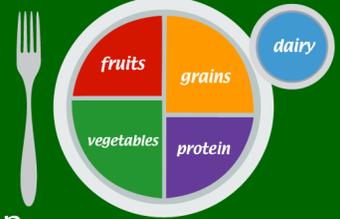
- ☑ Begin getting screened at 50 years old
- ☑ Be physically active
- ☑ Maintain a healthy weight
- ☑ Limit your alcohol consumption
- ☑ Do not smoke

## March is National Nutrition Month



### Build A Healthy Meal

1. Make half your plate fruits and veggies
2. Include whole grains
3. Don't forget the dairy
4. Add lean protein
5. Avoid extra fat
6. Get creative in the kitchen
7. Take control of your food
8. Try new food
9. Satisfy your sweet tooth in a healthy way
10. Everything you eat and drink matters



### Rabies Awareness

- 🐕 Rabies is a contagious and fatal virus that is spread among dogs, cats, bats, raccoons, foxes, skunks and other mammals.
- 🐕 Rabies has a 100% fatality rate when transmitted and untreated.
- 🐕 New York State Law requires all dogs, cats, and ferrets get their first rabies vaccination no later than at four months old, within one year after the first vaccination, and get a booster every three years.

**Upcoming Rabies Vaccination Clinic:**  
March 22nd from 6-8pm at the  
Waverly Village Barn

### National Kidney Month



- ➔ Kidney disease is the 9th leading cause of death in the country.
- ➔ More than 30 million Americans have kidney disease, and most don't know it.
- ➔ 590,000 people have kidney failure in the US and there are over 95,000 people waiting for kidney transplants.
- ➔ Keep your kidneys healthy by: making healthy food choices, adding physical activity into your life, get enough sleep, and explore stress-reducing activities.



March 2018

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Us on Facebook!  
Tioga County  
Health Department

health is a  
relationship  
between  
you and your  
body.

**Don't Lose Your Best Friend to**

# RABIES!



**Vaccinate Your Pets!**

