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March 2018 Newsletter

March is National Colorectal Cancer and National Nutrition Awareness Month

SCREENING

You should begin screening for colorectal cancer soon after turning 50. Subsequent screening will be scheduled by your doctor as needed. Ask your doctor if you should be screened if you're older than 75.



Colorectal Cancer - Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. Symptoms for colorectal cancer may include:

- Blood in or on the stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.

Some people are at a higher risk than others for developing colorectal cancer. Having any of these conditions may increase your risk:

- Inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (an inherited disorder characterized by cancer of the large intestine (colon) and rectum) or hereditary non-polyposis colorectal cancer

The Importance of Nutrition

Childhood obesity is a national epidemic. Nearly 1 in 3 children (ages 2-19) in the United States is overweight or obese, putting them at risk for serious health problems. This statistic seems to indicate that too many families have lost sight of the importance of basic nutrition. According to the most recent data, adult obesity rates now exceed 35 percent in five states, 30 percent in 25 states, and 25 percent in 46 states. As parents, caregivers, brothers and sisters, leaders in schools, communities and healthcare, we can work together to create a nation where the healthy choice is the easy choice. We have to encourage healthy eating all year round. For more information on obesity visit <https://www.cdc.gov/nchs/data/databriefs/db219.pdf>



HEALTHY SUSTITUTES FOR MAYONNAISE

Greek yogurt is a nutrition superstar – one tablespoon provides roughly 8 calories and 1.5 grams of protein and calcium. Try mixing some into your favorite salad, such as tuna, egg, chicken or potato, or slather it onto your sandwiches.

Olive Oil is touted for its heart-healthy benefits – it's packed with monounsaturated fatty acids, which are the good fats. Try using it in coleslaw, pasta salad, potato salad or any other salad dish that typically calls for mayo. A word of warning, though, it adds calories.

Avocado – one -third of a medium avocado provides roughly 80 calories, 8 grams of total fat (1 gram of saturated fat) and is cholesterol-free. Avocados are a good source of dietary fiber and folate, which is important for proper brain function.

Here are some simple tips to jump-start good eating habits that will hopefully become contagious and spread throughout your family:



1. Invite veggies to breakfast. Add carrots, kale or sweet potato to your smoothie
2. Unless you're eating at a very expensive restaurant, your portions are probably too big. If you eat everything on your plate, you're letting the chef judge how much you need.
3. Don't confuse thirst and hunger. If you feel like eating when you shouldn't be hungry, grab a mug of tea and step away from the kitchen.
4. Swap out fats that have no value (like mayo), and add fats with benefits like nuts and avocado.
5. Ditch the salt in the shaker and fill it with a blend of your favorite seasonings and spices.
6. Just eat during mealtime. Multitasking at mealtime can pile on mega-calories without you even appreciating the bites you're taking.
7. Cook a meal with a kid. Whether it's a brother, sister, friend, neighbor or your own child, sharing a meal from start to finish will teach a lesson for a lifetime and create a bond that will be shared and savored..

