



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

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To: Local News Media

From: Central Michigan District Health Department

RE: Colorectal Cancer Awareness

Release Date: February 21, 2017

Early Screening Essential to Prevention and Increasing Cure Rate

Central Michigan District Health Department wants to make consumers aware that colorectal cancer, although a potentially life-threatening disease, is preventable with early detection. "Colorectal Cancer is the second leading cause of cancer deaths in the United States, with over 50,000 people expected to die from this disease each year," explains Dr. Jennifer Morse, Medical Director for the Central Michigan District Health Department. "However, it is a preventable and very curable disease if caught early."

Because there are often no symptoms when it is first developing, colorectal cancer can only be detected through regular early screening. "The benefits of early detection and treatment are dramatic," Dr. Morse says.

Being between the age of 50 to 64, having a family history of colorectal cancer, colon polyps, inflammatory bowel disease, and having Crohn's disease are AMONG some of the factors that create a higher risk for colorectal cancer. All men and women of average risk for colorectal cancer should have regular colorectal cancer screening starting at the age of 50. Your doctor may recommend earlier screening if you have one or more risk factors. Call your medical care provider and ask about his/her recommendations for screening.

Dr. Morse notes that in addition to getting screened regularly for colorectal cancer, people can lower their risk of getting the disease by:

- Avoiding foods that are high in fat and limiting consumption of red meat
- Eating plenty of vegetables, fruits, and other high-fiber foods
- Exercising regularly and maintaining a normal body weight
- Not smoking
- Drinking alcohol only in moderation

For more information on colorectal cancer prevention and screening, visit www.cancer.org/cancer/colon-rectal-cancer or www.cdc.gov/cancer.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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