FREE Colorectal Cancer Pre-Screening Event

Space is limited. Register today!
See back page for details.
BENEFITS OF COLORECTAL CANCER SCREENING

By Emma Bentley, OMS III, Pacific Northwest University of Health Sciences

A day of discomfort and a test you sleep through and you could significantly reduce your chance of dying from the second leading cause of cancer deaths in the United States.¹ In 2017, it is estimated that colorectal cancer (CRC) killed approximately 50,260 Americans.² Studies estimate that 1/3 of people diagnosed with CRC will die within five years (Figure 1).

Figure 1. 5-year survival rate of colorectal cancer.

Based on data from SEER 18 2007–2013. Gray figures represent those who have died from colorectal cancer. Green figures represent those who have survived 5 years or more.
As we age, the incidence of CRC increases significantly. Other factors such as obesity and tobacco use are not only associated with a greater risk of developing CRC, but also a greater risk of dying from it. If you have diabetes, your risk of developing colon and rectal cancers increases by 38% and 20%, respectively.

Most CRCs begin as painless polyps that enlarge over time, eventually developing into cancer. Adenomas are precancerous polyps that occur in 20-40% of screening colonoscopies in patients over 50. It is believed that progression from an adenoma to carcinoma takes at least 10 years on average, providing opportunities to prevent cancer by removing polyps before they become cancerous.

Routine screening for CRC begins at age 50 unless you have a family history, in which case screening starts earlier and occurs more often. Screening for colon cancer continues until age 75, therefore, you may only need three screening tests in your lifetime depending on the screening test you choose.

Of the tests used to screen for CRC, those discussed here are organized into blood-based, stool-based (e.g. gFOBT, immunochemical), imaging (e.g. CT colonography), and visualization with polyp removal (e.g. sigmoidoscopy, colonoscopy). A test is considered sensitive when it yields a truly positive result when you have a disease. Any positive screening test requires a follow-up colonoscopy if one wasn’t done initially.

Blood testing is not considered adequate as a primary screening strategy for CRC due to low sensitivity. gFOBT stool cards (done annually) can be done at home, but are prone to being falsely positive. Immunochemical testing (done annually) is 80% sensitive, but only has a 20-30% chance of detecting advanced cancer. CT colonography (done every five years) requires bowel prep, involves radiation exposure, and varies from 67.94% in sensitivity. Sigmoidoscopy (done every five years) is done without sedation, requires bowel prep, reduces mortality by 33%, and can remove polyps, but is limited to the left colon (Figure 2).

Increases in right-sided colon cancers worldwide have impacted the utility of sigmoidoscopy. Colonoscopy (done every 10 years) is done under sedation, requires bowel prep, can view the entire colon, can remove polyps, and is the most sensitive (94.7%). The American College of Gastroenterology considers colonoscopy to be the “preferred” screening test. Studies show that colonoscopy lowers the risk of CRC and death 40-60% better than sigmoidoscopy.

Getting screened for CRC has the potential to prevent cancer and death. When choosing a screening method, it’s important to educate yourself about your options so you and your doctor can choose the best option for you.


In a culture that has become obsessed with cleanliness and sanitation, it is strange to think that bacteria might actually be beneficial. Though it is certainly counter to popular thinking, bacteria in our intestines are critical for your health.

Having the right bacteria present exerts numerous health advantages such as maintaining gut integrity, regulating bowel movements, improving lactose tolerance, improving immunity, maintaining healthful weight and even preventing overgrowth of harmful bacteria and yeast.

Thus, a healthy colon likes probiotics and prebiotics. Probiotics are food or supplements that contain beneficial strains of bacteria and yeast. Prebiotics are foods that support the growth or activity of probiotics.

Studies have shown that probiotics possess colon cancer protective effects by altering the growth process of tumor cells. When prebiotics are consumed from carbohydrates, such as bran cereal or oatmeal, they begin to ferment in the colon. This fermentation produces short chain fatty acids which may also have anti-cancer properties.

A healthy colon is important for preventing colon cancer as well as reducing colon cancer recurrence. Here are some strategies to incorporate more probiotics in your diet:

1. Yogurt, the most popular probiotic containing food in the US.
2. Fresh sauerkraut, kimchi, and miso are very rich in probiotics.
3. Kosher or refrigerated pickles or pickled vegetables (not those found on a shelf).
4. Kombucha, a probiotic drink that is growing in popularity and available at the local grocery. Careful! It contains varying amounts of alcohol and is not appropriate for children.

Prebiotics are much easier to get in the diet as they are found in all plants. The best way to get plenty of these cancer fighting compounds is to eat a diet that consists mostly of a wide variety of whole plant foods including fruits, vegetables, legumes, mushrooms, nuts, seeds and whole grains.

NATUROPATHIC CLINIC NOW OPEN!

Introducing our newly launched Naturopathic Clinic at your Tri-Cities Cancer Center and our new Naturopathic Physician, Dr. Lindsey Josephson.

In our Naturopathic Clinic, Lindsey works with patients to:
• Guide usage of natural therapies while in cancer treatment
• Reduce the side effects of chemotherapy or radiation therapy
• Improve quality of life both during and after treatment
• Reduce the risk of cancer reoccurrence

For more information on a naturopathic consult, please contact Joan Stewart, Clinical Services Coordinator, at (509) 737-3450.
**OUR COMMUNITY CARES!**
Visit the Tri-Cities Cancer Center Foundation office or call (509) 737-3413 for more information on these events.

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Please join us at the

**Tri-Cities Cancer Center Foundation’s 18th Annual Fundraising Breakfast**
March 29th, 7:30 a.m.
Three Rivers Convention Center, Kennewick

This is a “can’t miss” event for Foundation supporters as we share exciting news in cancer care in our region at this year’s breakfast! The only piece missing is you!

Though there is no cost for the breakfast, the hope is you will join in financially supporting our community Cancer Center.

**Generously Sponsored By**

**MSA**
Mission Support Alliance

 Reserve your seat before March 9th by calling (509) 737-3373

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**May 12th**

**Run for Ribbons**

**TRI-CITIES CANCER CENTER**

$25 Adults / $15 Youth
10k, 5k and 1 mile Run - Walk
Howard Amon Park in Richland

Check In 8:30 am | Run - Walk Begins 10:00 am

8:30am - 11:00am:
RibbonFest Cancer Awareness Health Fair

Register online: www.runforribbons.org
Register by phone: 509.737.3413
FEATURED MARCH EVENTS
RSVP for presentations by calling (509) 737-3427 or visit tccancer.org. Presentations offered at no cost unless otherwise stated.

Presentation: Colorectal Cancer Prevention
Speaker: Kim Larson, ARNP, Trios Health
Date: Thursday, March 1st, 4:00 p.m. - 5:00 p.m.
The best defense against colorectal cancer is everyone’s favorite: the colonoscopy! Come learn why this is the most effective measure against colorectal cancer. You will also hear how to reduce your risk of colorectal cancer through diet and lifestyle choices. Please call 737-3427 to RSVP by February 27th.

Presentation: Surgical Weight Loss for Metabolic Change
Speaker: Dr. Wanda Good, Lourdes Health
Date: Wednesday, March 7th, 4:00 p.m. - 5:00 p.m.
There are many connections between obesity and serious health conditions such as Type 2 diabetes and high blood pressure. But did you know obesity is directly related to breast, colorectal and endometrial cancer? For many that have struggled with obesity long-term, metabolic surgery may be the answer. Dr. Good would like to explain the benefits of weight loss through metabolic (bariatric) surgery and address the misinformation that may surround this subject. Please call 737-3427 to RSVP by March 5th.

Gentle Yoga
Speaker: Teena Giulio, Unity Yoga
Date: Tuesday, March 13th, 10:00 a.m. - 11:00 a.m.
Yoga is known for its health and wellness benefits. Join us for a gentle, introductory yoga that can improve posture, stretch your body and relieve tension. At this class you will learn sitting yoga flows and yoga from a stance using a chair for stability. Whether you are a cancer patient, survivor or caregiver, we would like you to try yoga and explore how it can benefit you! Please call 737-3427 for more information. Reservations are not necessary.

Art Expressions
Facilitator: Brigette Phillips
Date: Wednesday, March 28th, 3:00 p.m. - 4:30 p.m.
Sometimes a cancer patient wants to relax and forget about the medical world. We hope our new Art Expressions class can do that and more. This monthly meeting provides an opportunity for cancer patients to make something special with the help of an art coach. Each month participants will leave with a completed acrylic painting. Please call 737-3427 to RSVP by March 26th. The class fee is $5 to cover materials. Registration is required.
Moving Beyond Cancer to Wellness

With support from the Fred Hutch Survivorship Program and Seattle Cancer Care Alliance, we are very excited to announce our 1st Survivorship Conference! This will be a day filled with education on how to achieve health and wellness after cancer. Patients, survivors, caregivers, friends, family, and healthcare professionals are encouraged to attend. This free event also includes time for Q&A with the presenters, networking, local exhibitors, and lunch. Call (509) 737-3427 to RSVP and look for more information at tccancer.org soon.

Saturday, April 28th, 2018. Tri-Cities Cancer Center.

MARCH 2018 CALENDAR OF EVENTS

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>MEN’S CLUB MONTHLY MEETING WC</td>
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<td>MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS VCR</td>
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<td>ASK A PHARMACIST FS &amp; RR</td>
<td>LOOK GOOD... FEEL BETTER! ACR PRE-REGISTRATION REQUIRED</td>
<td>MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS VCR</td>
<td>QUIT TOBACCO VCR &amp; RR</td>
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<td>ART EXPRESSIONS VCR &amp; RR - $5 FEE</td>
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Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.

Be sure to keep updated on future events and presentations by visiting our online calendar at TCCancer.org.

www.tccancer.org • (509) 783-9894

Tri-Cities Cancer Center • March 2018
Colorectal Cancer Pre-Screening Event

Register today: BeHealthyGetScreened.com
Or give us a call at (509) 737-3420

Pre-Screening event offered FREE to ALL community members.

When:
Saturday, March 24th
By Appointment only.
Register early! Space limited!
Register online at: BeHealthyGetScreened.com

Where:
Tri-Cities Cancer Center, 7350 W. Deschutes, Kennewick

*Who:
• Men and women age 50-75
• Ages 75+ should consult their doctor
• Those at high risk of developing colorectal cancer should begin screening at a younger age
• Available to individuals who have not had a colonoscopy in the last ten years

What to Expect:
• This FREE event is not a physical examination or colonoscopy
• Health assessment will be conducted at the event to determine the appropriateness for colonoscopy
• Appropriate participants will be scheduled for their colonoscopy before leaving the event
• Free colonoscopy prep and education will be provided to scheduled participants
• Colonoscopies will be billed to your insurance. Financial resources will be provided to those who meet the necessary criteria. Register early if you are uninsured or underinsured and are in need of financial assistance.


Very preventable by having a colonoscopy.

2nd leading cause of cancer related death.

Proudly Offered By the Tri-Cities Cancer Center in Partnership with:

Visit BeHealthyGetScreened.com to learn more and schedule your appointment today.