



Wish You Well



March 2012

March is National Colorectal Cancer Month

Preventable? Yes! Colon cancer is 90% preventable. Individuals who are over the age of 50, have a personal history of colorectal cancer (CRC) or polyps, have inflammatory bowel disease or a family history have a greater risk of developing colorectal cancer. CRC is the 3rd most commonly diagnosed cancer and the 3rd leading cause of cancer deaths among men and women in the US. You may also have NO RISK factors, in fact most cases of CRC occur in average risk individuals!

Signs and Symptoms of CRC:

- Abdominal pain
- Weight Loss
- Blood in Stool (light or dark red depending on location of tumor)
- Anemia (can lead to fatigue and weakness)
- Change in bowel habits (alternating diarrhea and constipation)
- Abdominal mass

Source: Cancer Action Coalition of Virginia



Don't wait! Schedule your colonoscopy today!!

Recommended for anyone over the age of 50.

Dr. Mattson of Twin County Surgery and Dr. Clark of Carilion can do a colonoscopy as an outpatient procedure through TCRH.



"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours. That stay with you all the year long."

-Old Irish Saying

March 27th is American Diabetes Alert Day!

Why is Alert Day important?

Diabetes is a serious disease that strikes nearly 26 million children and adults in the United States, and a quarter of them—7 million—do not even know they have it. An additional 79 million, or one in three American adults, have prediabetes, which puts them at high risk for developing type 2 diabetes. Unfortunately, diagnosis often comes 7 to 10 years after the onset of the disease, after disabling and even deadly complications have had time to develop. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation and death.

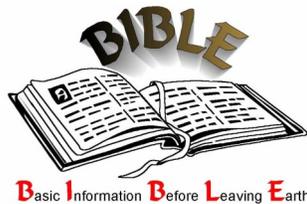
March is National Nutrition Month

With childhood obesity skyrocketing, we all need to set good examples for our children when it comes to nutrition. Here are some suggestions to improve the overall nutrition of your family.

- ⇒ *Show by example.* Eat fruits, vegetables and whole grains with meals or as snacks.
- ⇒ *Go grocery shopping together.* Grocery shopping can teach children about food and nutrition. Discuss where fruits, vegetables, grains, milk and meat come from. Let your children make healthy choices.
- ⇒ *Get creative in the kitchen.* Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Encourage your child to invent new snacks.
- ⇒ *Offer the same foods for everyone.* Stop being a “short order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.
- ⇒ *Reward with attention, not food.* Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as a reward. It lets your child think sweets and dessert foods are better than other foods.
- ⇒ *Focus on each other at the table.* Talk about fun and happy things at mealtime. Turn off the TV. Take phone calls later. Try to make meals a stress free time.



Go to choosemyplate.gov for tips on how to provide nutritious meals for your family.



Matthew 17:20 He said to them, “Because of your little faith. For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move, and nothing will be impossible for you.” (Jesus Speaking)

What’s Happening at TCRH?

March 2012

Diabetes Support Group

March 20th, 6:00pm in the Twin County Room. For more information call 276-236-3565

Stroke Support Helpline

276-236-1783 for anyone needing information on stroke, stroke survivors and their families.

Sleep Support Group

Call 276-236-1756 for more information.

Healing Hearts Grief Support

4th Monday at Pizza Plus in Independence at 11 a.m.

4th Tuesday at Shoney’s in Hillsville at 10 a.m.

For more information call 276-236-0973

Galax Family Care will be having a **Health Fair** on March 29th from 9-2 at Galax Public Library.

The Faith Community Nursing program began in October of 2008 as an outreach of Twin County Regional Healthcare. The Faith Community Nurse program is just one way TCRH fulfills its mission to promote, preserve and restore the health of our community.

For more information on the Faith Community Nursing program, please call (276) 236-5433

For more information on Twin County Regional Healthcare or its services, please visit www.tcrh.org, find TCRH on Facebook or call (276) 236-1654