



It's not TABOO to Talk Blue!
Take care of yourself by getting screened – and talk blue to let our community know that they should too.

Should you be screened?

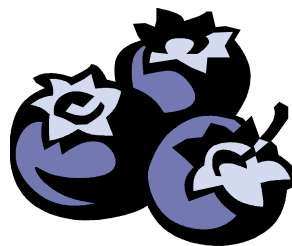
- **All men and women should be screened for colorectal cancer beginning at age 50, if not earlier.**

- People with personal or family history of: colorectal cancer, inflammatory bowel disease, or are experiencing symptoms are considered high risk and should begin screening before age 50.

Please discuss your risk with a healthcare professional.

Colorectal cancer often has no symptom at all until it's at an advanced stage.

Talk to your healthcare provider about colorectal cancer screening.



MARCH is the month to eat Blue!

March is National Colorectal Cancer Awareness Month, so make sure you **eat and talk blue!**

Eat Blue: A diet high in dietary fiber, fruits and vegetables is best for your colon health. In fact, a compound in **blueberries** has been found to prevent colon cancer, according to a 2007 study jointly conducted by scientists at Rutgers University and the U.S. Department of Agriculture. So eat blue during the month of March to celebrate colorectal cancer awareness.

Talk Blue: Encourage your family, friends, and community to be screened for colorectal cancer.

Early detection is vital – over 80% of all cases of colorectal cancer can be prevented with recommended screening. Colorectal cancer is one of the most detectable and, if found early, most treatable forms of cancer.



IT'S NOT TABOO TO WEAR BLUE!

Let's Wear **BLUE** in March for National Colorectal Awareness Month. **Make a minimum \$5 donation to Wendy's Wish and wear blue to work on Friday, March 12.**

How:

Wendy's Wish promotes early detection of colon cancer, as well as offering Central Oregon cancer patients assistance with nonmedical expenses while receiving treatment.

www.wendyswish.org

Take care of yourself by getting screened – wear and talk blue to let our communities know that they should too.