



▶ FEATURED ARTICLE ... 1



▶ FEATURED ARTICLE
CONTINUED 2



▶ HEALTHY TIP 1

o December | o 2016

Monroe County Health & Wellness

Newsletter

ADDRESSING THE HEALTH AND WELLNESS NEEDS
OF OUR COMMUNITY AND PLANTING THE SEEDS
FOR A HEALTHY FUTURE.

*American Cancer Society is the author of the featured article in our
Monroe County Health & Wellness Newsletter.
Read more about them below!*

Feature Article

Cancer is an ugly word. Not a day goes by that we do not hear of someone getting a new diagnosis, someone going back into the hospital because of a recurrence, or someone passing away due to this disease. The American Cancer Society is dedicated to erasing cancer as a global health issue, as well as ending the pain and suffering associated with cancer.

We do this through fundraising efforts through local Relay For Life events, such as the event held in Monroe County each year. The dollars we raise go to cancer research, cancer education and prevention, and programs and services that help patients deal with their cancer diagnosis and the aftermath that comes with it.

***Featured Article continues
on the next page...***



For more information contact:
Your *American Cancer Society*
staff partner, Sheena Whitehead,
at sheena.whitehead@cancer.org
or at 618-288-2390

**In 2014, there were an estimated 251,800 toy related
injuries treated in U.S. hospital emergency
departments.**

When shopping this year, consider the following:

- 1) Pay attention to warning labels regarding choking hazards. If it says choking hazard exists, don't buy it!
- 2) Toys with strings, straps, or cords longer than seven inches may pose a risk of strangulation.
- 3) If you buy a bicycle for a child, buy a helmet too!



409 Lakeview Drive
Waterloo, IL 62298
618-939-9776

*Children First Learning Center is a
licensed child care center in Waterloo,
IL serving children aged 6 weeks to 12
years.*

Featured Article Continued...

- Part of our efforts include educating the public about ways to lower your chances of getting cancer in the first place. See the following information to learn about ways you can help yourself stay healthy!
-Don't use tobacco-Protect yourself from the sun-Eat plenty of fruits, vegetables, and whole grains-Eat smaller amounts of red and processed meats and high-fat dairy products-Get to and stay at a healthy weight -Drink less alcohol-Get moving with regular physical activity
- Another part of our efforts include increasing knowledge that regular cancer testing can help save your life. It is vital that you ask your doctor about the tests for cancer as early as possible, to help catch the disease when it's at its most treatable stage.

Use the infographics below and consult with your doctor about your screening timeframe.

Women

21-29 years of age:

To check for breast cancer

- Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.

To check for cervical cancer

- Get a Pap test every 3 years.

30-39 years of age:

To check for breast cancer

- Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.

To check for cervical cancer

- Get a Pap test and an HPV test every 5 years, OR
- Get a Pap test every 3 years.

40-44 years of age:

To check for breast cancer

- Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.
- You have the choice to start breast cancer screening with mammograms (x-rays of the breasts) if you wish to do so.

To check for cervical cancer

- Get a Pap test and an HPV test every 5 years, OR
- Get a Pap test every 3 years.

45-54 years of age:

To check for breast cancer

- Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.
- Get a mammogram every year.

To check for cervical cancer

- Get a Pap test and an HPV test every 5 years, OR
- Get a Pap test every 3 years.

To check for colon cancer

- Starting at age 50, get tested for colon cancer. There are many tests used to check for colon cancer. Talk to your doctor or nurse about these tests, how often they are done, and which is best for you.

55 years of age and older:

To check for breast cancer

- Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.
- Switch to mammograms every 2 years, or continue yearly screening.
- Continue to get mammograms as long as you are in good health and expected to live 10 more years or longer.

To check for cervical cancer

- Get a Pap test and an HPV test every 5 years, OR
- Get a Pap test every 3 years.
- Women 65 years and older who have had normal Pap tests on a regular basis can stop testing.
- Women who have had a serious cervical pre-cancer should be tested for at least 20 years after the diagnosis.

To check for colon cancer

- Continue to get tested for colon cancer.

Men

40-49 years of age:

To check for prostate cancer

Starting at age 45:

- If you are African American, or if your father, brother, or son had prostate cancer before age 65, your doctor should discuss the pros and cons of testing with you so you can decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a rectal exam. How often you're tested will depend on your PSA level.

50 years of age and older:

To check for prostate cancer

- Your doctor should discuss the pros and cons of testing with you so you can decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a rectal exam. How often you're tested will depend on your PSA level.

To check for colon cancer

- Get tested for colon cancer. There are many tests used to check for colon cancer. Talk to your doctor or nurse about these tests, how often they are done, and which is best for you.



Our goal is to partner with our members to help you

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