



**March is Colon Cancer Awareness Month:
Get screened, reduce your risk and know the warning signs**
National Dress in Blue Day is Friday, March 6

Green Bay – Although colon cancer is a preventable and curable disease if caught early, it remains the second-leading cause of cancer deaths in men and women in the United States. HSHS St. Vincent Hospital, HSHS St. Mary's Hospital Medical Center and Prevea Health offer the following information to help in the screening, prevention and detection of colon cancer.

The American Society of Colon and Rectal Surgeons recommends people at an average risk of getting colon cancer receive a colonoscopy beginning at age 50. Increased risk patients may need earlier and more frequent screening depending upon recommendation by a health care provider.

People at an increased risk for colon cancer include:

- Those with a personal or family history of colorectal polyps or cancer
- Those with a personal history of breast, uterine or ovarian cancer
- Those with chronic ulcerative colitis or Crohn's disease

In addition to regular screening for colon cancer, you may also be able to lower your risk by:

- Avoiding foods high in fat
- Adding plenty of vegetables, fruits and other high-fiber foods to your diet
- Exercising regularly and maintaining a normal body weight
- Not smoking
- Drinking alcohol only in moderation

Warning signs of colon cancer can include:

- Blood in or on the stool
- Recurrent shifts in normal bowel habits such as experiencing diarrhea or constipation for no known reason
- Thinning of the stool
- Increases in stomach discomfort (bloating, gas, fullness and/or cramps that last more than a few days)
- A feeling that the bowel does not empty completely
- Weight loss for no known reason
- Constant and unexplained fatigue

Those interested in recognizing Colon Cancer Awareness month are encouraged to wear blue for National [Dress in Blue Day](#) on Friday, March 6. For more information about colon cancer screening, prevention and treatment, click [here](#).

About HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center

HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center have been delivering quality health care to Green Bay and its surrounding communities since 1888. With HSHS St. Vincent being the largest tertiary care hospital and HSHS St. Mary's location on Green Bay's west side, patients from Northeastern Wisconsin and Upper Michigan benefit from a comprehensive range of services that include cancer care, women's services, emergency and trauma care, preventive care across the lifespan, digestive health, orthopedic, cardiac care, neurosciences, rehabilitation and pediatrics. Affiliates of Hospital Sisters Health System, the hospitals primary purpose is to continue Christ's healing love through the delivery of competent and compassionate health care in an environment sensitive to the needs of all people. Both hospitals are accredited by the Joint Commission of Accreditation of Healthcare Organizations.

About Hospital Sisters Health System

Hospital Sisters Health System's (HSHS) mission is to reveal and embody Christ's healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our 15 Local Systems and physician practices in Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O'Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries. For more information about HSHS, visit www.hshs.org. For more information about Hospital Sisters of St. Francis, visit www.hospitalsisters.org.

About Prevea Health

Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph's Hospital in Chippewa Falls. For more information, visit www.prevea.com.