

In a small bowl, whisk together the olive oil, vinegar and oregano. Pour over the vegetables and toss. Season, to taste, with salt and pepper. Gently stir in the tomatoes and mint. Divide the salad between four plates and sprinkle with the feta.  
(Source: www.hgtv.com)

**Baked Shrimp Patties**



**Ingredients**

- 2 1/2 cups mixed vegetables
- 1 cup shrimp cocktail shrimp
- 6 fl oz evaporated low fat milk
- 2 cups all purpose flour
- 1 tbsp baking power
- 2 eggs
- 1 tsp salt
- 1/4 cup water

**Directions**

Mix flour, carnation milk, baking powder, eggs, salt and water in a bowl. Consistency of batter should be similar to a pancake batter. Add the mixed vegetables and shrimp into the batter. Pour 1/8 cup of mixed batter into each muffin pan. Bake at 350 for 12-15 minutes.

(Source: Expanded Food & Nutrition Education Program, College of Natural & Applied Sciences, University of Guam)



**Do your part to prevent colon cancer. Live healthy and get screened today!**

**Cancer Prevention Services on Guam**

**Need information regarding colon cancer and how to prevent it?**

American Cancer Society: 477-9451/2,  
1-800-ACS-2345;  
www.cancer.org/colon

NCI's Cancer Information Service: 735-2989,  
1-800-4-CANCER;  
www.cancer.gov

**Need information regarding screening for Colon Cancer?**

Talk to your health care provider about when to begin screening for colorectal cancer, what tests to have, and how often you should be tested.

For more information, visit  
www.cancer.gov/cancertopics/factsheet/  
/Detection/colorectal-screening

**Learn about healthy living to reduce your risk of cancer**

American Cancer Society: 477-9451/2,  
1-800-ACS-2345;  
www.cancer.org

Guam Seventh Day Adventist Clinic: 646-8881;  
www.guamsda.com

**Patient Resources**

American Cancer Society: 477-9451/2,  
1-800-ACS-2345;  
www.cancer.org

Edward M. Calvo Cancer Foundation: 472-6854



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# Colon Cancer



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Cancer Awareness and Prevention Program  
Comprehensive Cancer Control Coalition  
Tobacco Prevention and Control Program  
Department of Public Health and Social Services



Early detection is key to outliving the dreaded disease known to us as “**cancer,**” says Mrs. Maria Blas, who was diagnosed with **colon cancer** in February 2007 at the age of 57. When I was told by my doctor that I had “**cancer,**” I was in shock, uttering, “How could this be? I did not have the symptoms of **colon cancer!**”

My husband and I were determined to fight this disease together. Part of our journey was to educate ourselves in defeating the disease and praying for healing from our Lord Jesus Christ.

I was scheduled for surgery at the Anaheim Memorial Hospital in California, which was a success. My surgeon informed me that the cancer did not spread and that chemotherapy was not needed. I nearly fell off my bed, overjoyed with the results! Praise our Lord Jesus Christ for answering my prayers. Since then, my husband and I made a commitment to spread the good news in preventing cancer to **both men and women 50 years and older.** Early detection and strengthening our immune system are both crucial in eradicating this dreadful disease; by scheduling a yearly physical examination, eating healthy, staying physically active ~ 30 minutes three times a week, drinking 8 glasses of water daily, sleeping at least 6 to 8 hours nightly, avoiding alcohol, smoking, and drugs, and most importantly be happy, fill your life with laughter, and pray for protection from “**MR. CANCER.**”

## What is cancer of the colon and rectum?

Cancer is a growth inside your body that should not be there. Most colon cancers start from polyps in the colon or rectum. A polyp is a growth inside the colon that is not normal. Over time, polyps can turn into cancer if they are not removed.

(Source: 'Colorectal Cancer Screening, A Circle of Health for Alaskans')

## Is colon cancer common among Guam's people?

Colon cancer can affect anyone, men and women alike. Colon cancer is most frequently found in people age 50 and older. During the period 1998-2007, on average each year 20 Guam residents were diagnosed with colon cancer and 10 died from it. During the same period, 77.6% of new colon cancer cases were 55 years of age or older when first diagnosed. In Guam, colon cancer is the third most common cause of cancer deaths in adults age 55 or older.

Children are rarely diagnosed with colon cancer and only 26% of cases are detected in persons younger than 50 years old.

(Source: Guam Cancer Registry, Cancer Research Center of Guam, University of Guam)

## Signs and Symptoms

Colon cancer develops from a polyp (small growth) and often has no warning signs in early stages. This is why it is important to get regular screenings.

As the cancer grows, you may have stomach cramps, changes in your bowels (diarrhea, constipation), vomiting, rectal bleeding and blood in your stool (red colored bowel movements). You may also have stomach pain, weakness, tiredness, or an enlarged belly. If you have any of these symptoms on a regular basis, you should contact your healthcare provider.

## Colon Cancer Risks

You have a higher risk if you are 50 or older. You also have a higher risk if you have a personal or family history of inflammatory bowel disease. Family history of cancer or polyps carries a very high risk of developing the disease, as well as smoking, obesity, lack of physical activity and a high fat, low fiber diet.

Reduction of cancer risk cannot be achieved without effective cancer screening and early detection. At the early stage, most polyps are not cancerous and can be easily detected through a sigmoidoscopy or colonoscopy.

## Ways to lower your risk for colorectal cancer

Prevention comes from a healthy lifestyle and regular screenings. A healthy lifestyle includes regular exercise and a diet that includes at least 5 servings of fruits & vegetables, and whole grains that are high in fiber.

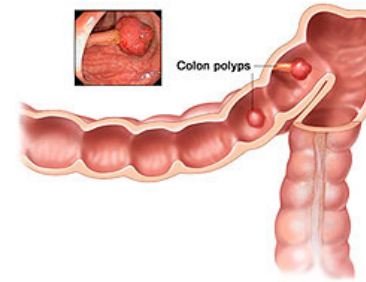
For example, a healthy diet includes regular oatmeal instead of instant oatmeal, brown rice instead of white rice, or whole wheat bread instead of white bread. You should also avoid foods that are high in fat.

Exercise should be done daily for about 30 minutes, but does not have to be exhausting. Instead of a 30-minute walk, you can go 3 times for a 10-minute walk throughout the day. By increasing your exercise and eating healthy you can decrease your risk of colorectal cancer.

## Screening Tests

### Fecal Occult Blood Test

A fecal occult blood test is done to detect blood in the stool, which is an early sign of colorectal cancer. These are usually done yearly after the age of 40. A positive test means you may need other tests like a sigmoidoscopy or colonoscopy.



### Sigmoidoscopy

A sigmoidoscope is a thin, flexible, lighted tube about the thickness of a finger. It is placed into the lower part of the colon through the rectum. This allows the doctor to look at the inside of the rectum and part of the colon for cancer or polyps. These are usually recommended every 5 years after the age of 50 and more often when a person is at a higher risk.

### Colonoscopy

A colonoscopy is an exam that allows a doctor to see and closely look at the inside of the entire colon for signs of cancer or polyps. The doctor uses a colonoscope, which is similar to a sigmoidoscope. The colonoscope is gently eased inside the colon and has a tiny video camera which sends pictures to a TV screen. Colonoscopies are usually recommended every 10 years after the age of 50 and more often when a person is at a higher risk.

## Healthy Recipes

### Grilled Vegetable Salad with Feta and Mint



### Ingredients

- 1 red bell pepper cored and cut into 4 pieces
- 1 eggplant (about 1 pound), cut across into 1/4-inch rounds
- 1 medium onion, cut into 1/4-inch slices
- 2 medium zucchini (about 8 ounces each), cut lengthwise into 1/4-inch slices
- Olive oil cooking spray
- 5 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper
- 1 cup grape tomatoes, halved
- 1/4 cup chopped fresh mint
- 1/2 cup crumbled feta cheese

### Directions

Arrange the vegetables in a single layer on a tray or work surface. Lightly spray both sides with olive oil cooking spray. Preheat a grill or grill pan over medium-high heat. Grill the vegetables in batches until both sides are nicely charred and the vegetables are just tender, about 10 minutes for the pepper, about 8 minutes for the eggplant and onion, and about 6 minutes for the zucchini. When the vegetables are cool enough to handle, cut into 1/2-inch pieces and transfer to a large bowl. (continued on back)