



HMONO

Live Longer & Feel Better, Together

Hui Mālama Ola Nā 'Ōiwi

March 2017

March is Colorectal Cancer Awareness Month

EARLY DETECTION IS KEY

The risk for **30%** of cancers can be reduced by changing your diet and lifestyle.



Do regular colon screening testing from the age of 50 - every 10 years.

- Colonoscopy
- Stool DNA Test
- Double-contrast barium enema

Regular screening is one of the most powerful weapons for preventing colon cancer. If polyps are found during colon cancer testing, they can usually be removed before they have the chance to turn into cancer. Testing can also result in finding cancer early, when it's smaller, easier to treat, and more likely to be curable.

If you're 50 or older, talk to your doctor about which test is right for you and get tested as often as recommended.

RISK FOR COLON CANCER INCREASES WITH AGE (50+)

Lifestyle factors that may increase the risk of colorectal cancer:



Lack of regular exercise



Low Fruit/ Vegetable intake



Low-fiber & high-fat diet



Being overweight (obesity)



Insufficient intake of clean safe water



Alcohol consumption



Tobacco use



<https://www.cancer.org/latest-news/understanding-tests-that-screen-for-colon-cancer.html>

March is Colorectal Cancer Awareness Month. The causes remain unknown, but genetics, lack of fiber or bulk items in our diet, high fat and high bacterial counts are contributing factors. The most common signs of this cancer is rectal bleeding. The color of the blood may be dark or bright red, depending on where the cancer is located. Changes in bowel habits, feeling tired, constipation, frequent diarrhea, pain, weight loss and muscle spasms are important signs. Regular screenings are important and may be life-saving. Early detection is critical.



**Have questions about your health?
Who you gonna call?**

Hui Mālama Ola Nā 'Ōiwi!

Colorectal Cancer Awareness
By Edna Baldado, RN
Community Health Specialist



FREE TRADITIONAL HEALING LA'AU LAPA'AU WORKSHOPS

Presented by Po'okela Ikaika Dombrignes

"Ola Pono Ola Loa"

- **Hilo — Auntie Sally's Luau Hale**
Saturday, March 11, 2017 — 9am - 3pm
- **Waimea — Waimea Community Center**
Saturday, April 08, 2017 — 9am - 3pm
- **Kona — Hale Halawai**
Saturday, May 06, 2017 — 9am - 3pm
- **Ka'ū — Na'alehu Community Center**
Saturday, June 03, 2017 — 10am - 3pm
- **Puna — Kea'au Senior Community Center**
Saturday, June 17, 2017 — 9am - 3pm



Let us help you with your health care needs— Call 969-9220

~ Island-wide Services Available.

March
2017



HMONO
Community Health Education Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27</p> <p>10:30 AM EFNEP Waimea</p> <p>5:30 PM ZUMBA W/ JoYi Hilo</p>	<p>28</p> <p>10 AM BS&SEC Hilo</p> <p>10:30 AM EFNEP Ka'u</p> <p>5:00 PM Therapeutic Basic Flow(Yoga) Hilo</p> <p>6:00 PM Cancer Support Group Hilo</p>	<p>1</p> <p>5:30 PM ZUMBA W/ JoYi Hilo</p>	<p>2</p> <p>10 AM BS&SEC Hilo</p> <p>5:00 PM Therapeutic Basic Flow(Yoga) Hilo</p>	<p>3</p> <p>10:00 AM ZUMBA w/ Rhonda Hilo</p>	<p>4</p>
<p>6</p> <p>10:30 AM EFNEP Waimea</p> <p>5:30 PM ZUMBA W/ JoYi Hilo</p>	<p>7</p> <p>10 AM BS&SEC Hilo</p> <p>10:30 AM EFNEP Ka'u</p> <p>5:00 PM Therapeutic Basic Flow(Yoga) Hilo</p>	<p>8</p> <p>5:30 PM ZUMBA W/ JoYi Hilo</p>	<p>9</p> <p>10 AM BS&SEC Hilo</p> <p>1 PM Diabetes Support Group Hilo</p> <p>5:00 PM Therapeutic Basic Flow(Yoga) Hilo</p>	<p>10</p>	<p>11</p> <p>9:00 AM Hawaiian Traditional Healing La'au Lapa'au Workshop Auntie Sally's Luau Hale Hilo</p>
<p>13</p>	<p>14</p> <p>10 AM BS&SEC Hilo</p> <p>10:30 AM EFNEP Ka'u</p> <p>5:00 PM Therapeutic Basic Flow(Yoga) Hilo</p> <p>6:00 PM Cancer Support Group Hilo</p>	<p>15</p> <p>10 AM CD Class Pāhoa</p> <p>5:30 PM ZUMBA W/ JoYi Hilo</p>	<p>16</p> <p>10 AM BS&SEC Hilo</p> <p>5:00 PM Therapeutic Basic Flow(Yoga) Hilo</p>	<p>17</p> <p>10:00 AM ZUMBA w/ Rhonda Hilo</p>	<p>18</p>
<p>20</p> <p>10:30 AM EFNEP Waimea</p> <p>5:30 PM ZUMBA W/ JoYi Hilo</p>	<p>21</p> <p>10 AM BS&SEC Hilo</p> <p>10:30 AM EFNEP Ka'u</p> <p>5:00 PM Therapeutic Basic Flow(Yoga) Hilo</p>	<p>22</p> <p>10 AM CD Class Pāhoa</p> <p>5:30 PM ZUMBA W/ JoYi Hilo</p>	<p>23</p> <p>10 AM BS&SEC Hilo</p> <p>5:00 PM Therapeutic Basic Flow(Yoga) Hilo</p> <p>6:30 PM Diabetes Support Group Hilo</p>	<p>24</p>	<p>25</p>
<p>Please call our office for more information 969-9220</p>					
<p>27</p> <p>HOLIDAY All Offices Closed</p>	<p>28</p> <p>10 AM BS&SEC Hilo</p> <p>5:00 PM Therapeutic Basic Flow(Yoga) Hilo</p> <p>6:00 PM Cancer Support Group Hilo</p>	<p>29</p> <p>10 AM EFNEP Pāhoa</p>	<p>30</p> <p>10 AM BS&SEC Hilo</p> <p>5:00 PM Therapeutic Basic Flow(Yoga) Hilo</p>	<p>31</p>	<p>1</p>

BS&SEC - Basic Stretch & Strengthening
Exercise Class

EFNEP - Expanded Food and Nutrition
Education Program

CD Class - Chronic Disease Class
(Diabetes & Hypertension 101)