

# Mind, Body & Spirit

a monthly newsletter

**March 2025**

from the Health and Wellness Ministry of  
Lyndhurst Community of Faith Church



The Health and Wellness Ministry will be sending out a Newsletter once a month with resources and articles to share. You can also see the bulletin board downstairs in the foyer.

If you need to speak with our nurses, Nancy Foulds, RN, BSN or Donna Nedrow, RN, BSN.

You may contact us at  
[wellnessministry@lyndhurstfaith.org](mailto:wellnessministry@lyndhurstfaith.org)





March is Colorectal Cancer Awareness Month, a time to raise awareness about this preventable disease. Per the American Cancer Society Colorectal cancer is the third leading cause of cancer-related deaths in men and the fourth leading cause of cancer related deaths in women in the U.S., but early detection can significantly improve outcomes. Colorectal Cancer rates are rising among younger adults.

## What You Should Know

Statistics: About 1 in 24 people will be diagnosed with colorectal cancer, with risk increasing after age 50.

- Symptoms: Watch for changes in bowel habits, blood in the stool, unexplained weight loss, abdominal discomfort, and fatigue.

## Screening Recommendations

- Early detection through screening is crucial: Start regular screenings at age 45 for average risk individuals.
- Options include colonoscopy, flexible sigmoidoscopy, and stool tests.

## Prevention Tips

You can reduce your risk by:

-  Eating a healthy diet: focus on high-fiber foods, fruits, and vegetables.
-  Staying active: aim for at least 150 minutes of exercise weekly.
-  Limiting alcohol and tobacco use.
-  Knowing your family history: discuss your family's health history with your doctor.

## Get Involved!

- Wear Blue: Show your support by wearing blue throughout March.
- Share Information: Help spread awareness about the importance of screenings.

Thank you for helping to raise awareness and promote health in our community! More information below:

[colorectalcaner.org](https://colorectalcaner.org)

[cancer.org](https://cancer.org)

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