Spring 2012

Kaw Nation Women's Health

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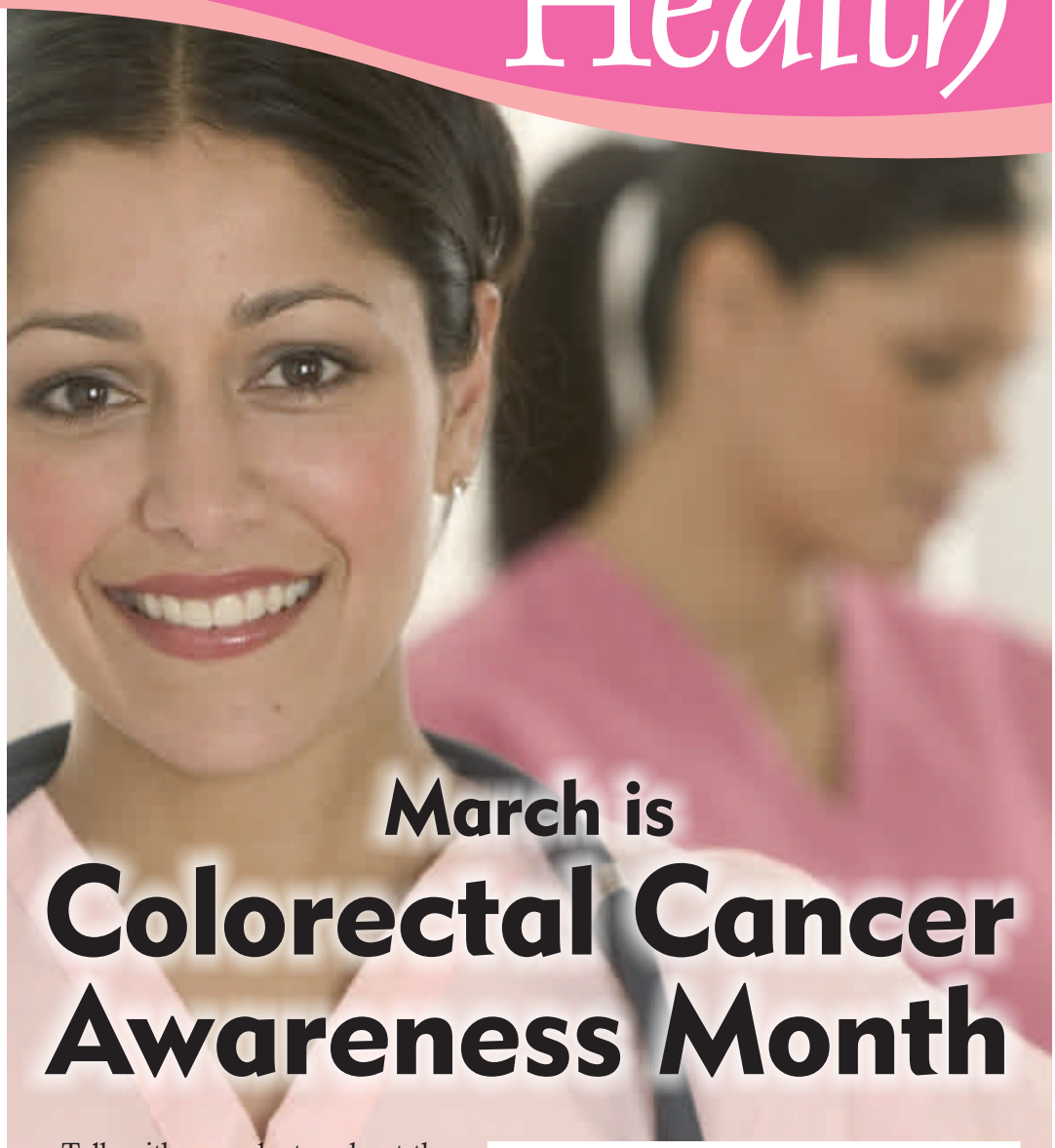
Colorectal cancer facts

It's the **second-leading** cancer killer in the U.S. (after lung cancer).

Both men and women are at risk.

93 percent of cases occur in people age **50 and older**.

The risk of developing it **increases** with age.

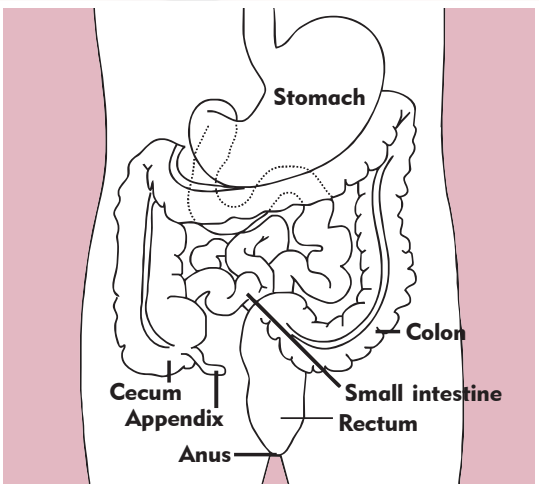


March is Colorectal Cancer Awareness Month

Talk with your doctor about the screening options that are right for you. There are several screening tests from which you and your doctor can choose.

How screening saves lives

Colorectal cancer almost always develops from precancerous polyps in the colon or rectum. Screening tests can find polyps so they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.



Spring into action

Spring gardening tips

Spring is a busy time for gardeners. It's a time to prepare for the summer by pruning, cleaning and planting.

- Rake your lawn and planting beds.
- Mix compost into the upper 6 inches of soil.
- Choose the right plants for cool-season planting. Most can be started indoors from seed 6-8 weeks before your area's frost-free date.
- Plant outdoors after last frost.

Spring is a great time to become more active. Spring cleaning is the practice of thoroughly cleaning a house in the springtime, which is especially customary in climates with a cold winter. Here are some tips to help get you started:

Gather up throw rugs. Take them outside for a good shake and air out on the clothesline or railing for several hours.

Clean windows. Use rubber-edged squeegees to avoid streaking. Use extensions to reach high spots.

Wash your blinds. Wipe wooden blinds with a damp sponge and a few drops of gentle wood cleaner. Scrub aluminum blinds outside with water and a non-corrosive cleaner. Dry thoroughly.

Dust ceiling fans. And don't forget to change the direction to counter-clockwise to provide a pleasant breeze during warm months.

Protect wooden floors from scratches. Make sure there are surface protectors on the underside of all furniture legs and replace any that may be worn.

Clean out the refrigerator. Throw out old food, wash interior with a solution of 2 tablespoons baking soda to a quart of warm water, use a tooth brush for the nooks and crannies. Wipe down exterior and don't forget the top where all the dust collects.

Manage messes in your microwave. Cut up a lemon and place in a microwave safe bowl, cover with water and cook on high for 2 to 3 minutes. The steam will soften hardened food inside. Then grate the lemon in the garbage disposal to eliminate odor and grease.

Toss old toiletries. Replace your loofah every 30 days and your toothbrush every three months. Toss immediately if the bristles are frayed or the loofah has mildew. Also, check the cabinet for expired medications and trash them.

Banish garbage can odors. Take plastic garbage cans outside for a quick hosing out, and turn upside down to dry. Then sprinkle the bottoms with baking soda to keep cans odor free.

March

National Nutrition Month
Colorectal Cancer Awareness Month

April

National Cancer Control Month
Stress Awareness Month
National Humor Month
Earth Day is April 22

May

Mental Health Month
Osteoporosis Prevention Month
Physical Fitness and Sports Month
High Blood Pressure Education Month
National Women's Checkup Day is May 14

Achieve total wellness

Developed by Health EDCO

18 tips for better living

Physical

- Exercise regularly, rest adequately, and eat nutritiously.
- Take care of your heart.
- Avoid destructive habits.
- Practice safe behaviors.
- Take responsibility for your health.

Mental

- Manage stress and time.
- Have a positive outlook.
- Recognize and meet your individual needs.

Spiritual

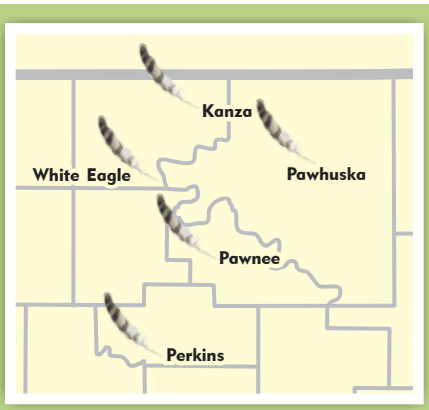
- Find purpose in life.
- Determine your values.
- Seek harmony with yourself and with a higher power.

Emotional

- Know how you feel.
- Express and communicate feelings appropriately.
- Keep balance in your life.
- Maintain a sense of well-being during times of adversity.

Social

- Find and develop close relationships.
- Act assertively, but with courtesy and respect.
- Interact well with others.



Contact your clinic to schedule an appointment with the Kaw Nation Women's Health Program

Kanza
580-362-1039

White Eagle
580-765-2501

Pawnee
918-762-2517

Pawhuska
918-287-4491

Perkins
405-547-2473

The **Kaw Nation Women's Health Program** does not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

Ask if you are eligible for our program.

Examinations are performed by a female Nurse Practitioner/CDC Screener.

Sponsored by
U.S. Department of Health and Human Services
Division of Cancer Prevention and Control
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Atlanta, GA 30341-3717

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Newkirk, OK 74647
Office 580-362-1039
Fax 580-362-1467

National Women's Health Week

National Women's Checkup Day is May 14

You are important. Take care of yourself. Keep a positive attitude. Exercise your mind, body and spirit. Laugh often. Celebrate life. Pray and give thanks. Love others, love yourself. Get enough sleep. Drink eight glasses of water a day. Eat fruits for dessert. Eat a balanced diet. Stop smoking now. Do self-exams. Schedule your yearly Well Woman Exam and mammogram. **Pass on the tradition of good health.**