

# For The Health Of It!

## MARCH IS COLORECTAL CANCER AWARENESS MONTH

### What is Colorectal Cancer?

Colorectal (colon) cancer is one of the most common cancers in New York State and the second leading cause of cancer deaths among all people. Colorectal cancer is cancer that starts in the colon or rectum. The colon and rectum are part of the body's digestive system. To learn more about the colon and rectum – where they are and how they work, visit [www.cdc.gov/cancer/colorectal/basic\\_info/](http://www.cdc.gov/cancer/colorectal/basic_info/).

#### Risk Factors Include:

- Family history of colorectal cancer or genetics
- Inflammatory bowel disease such as Crohn’s disease or ulcerative colitis.
- Poor diet/high fat diet
- Lack of regular physical activity
- Excessive alcohol use
- Tobacco use

#### Screening for Colorectal Cancer

There are four types of colorectal cancer screenings available. Talk with your doctor about which type of screen is right for you. You can learn about the different types of screenings go to [www.health.ny.gov/diseases/cancer/colorectal/screening.htm](http://www.health.ny.gov/diseases/cancer/colorectal/screening.htm)

#### What if I can’t afford to get screened?

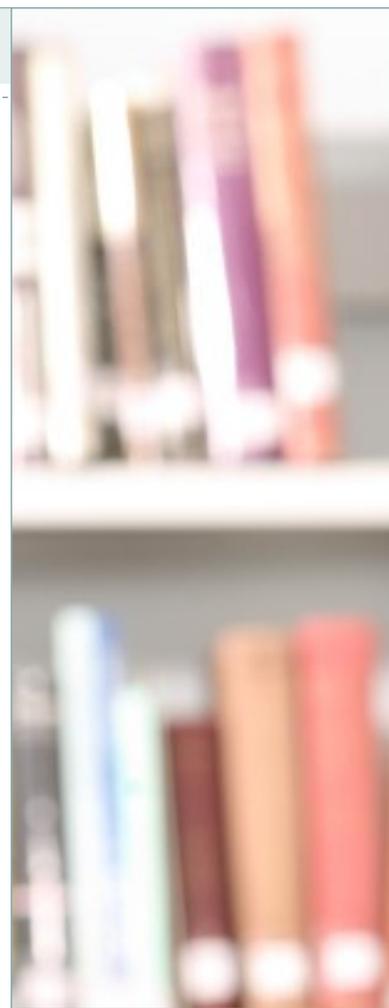
If you are worried about the costs for colorectal cancer screening the Cancer Services Program of Warren, Washington & Hamilton Counties at Glens Falls Hospital can help. Women and men who live in New York State who meet program requirements for age and income and do not have health insurance or have health insurance with a cost share that makes the cost of screening too high can use the program to get screened and receive follow-up care. For more information, contact the Cancer Services Program at 1-800-882-0121 or 518-926-6570.

**SYMPTOMS OF COLORECTAL CANCER**

<b>CHANGES IN BOWEL HABITS</b>		<b>BLOOD OR CHANGES IN STOOL</b>	
<b>PAIN &amp; BLOATING</b>		<b>WEIGHT LOSS</b>	

These can be caused by other conditions. See a doctor to find the cause of your symptoms.  
cancer.gov/types/colorectal

**SCREENING SAVES LIVES !**  
**Routine screening for Colorectal Cancer begins at age 45 .**



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## Not Sleeping Well? It Might Be Time to See a Healthcare Provider

### March is National Kidney Month!

Did you know your kidneys filter all of your blood up to 25 times a day? This kidney month, join us in getting to know your kidneys. Learn how you can protect these two fist-sized, bean-shaped organs that work around the clock for you.

#### Get to know your kidneys

No matter your age, or whether you have kidney disease, learning about your kidneys can prevent or slow the progression of kidney disease.

#### Learn about kidney health

Your kidneys make urine and remove waste and extra fluid from your body. If your kidneys are struggling, they will work harder to keep up. You can lose up to 60% of your kidney function before you notice any problems. That's why it's important to take steps to keep your kidneys healthy today.

#### Understand your risk for kidney disease

If you have diabetes, high blood pressure, heart disease, or a family history of kidney disease, or if you are over age 65, talk with a healthcare professional about your risk for kidney disease. Checking on your kidneys is the best way to know if they are healthy. Your health care professional can help you get tested for kidney disease and talk with you about your test results.

#### Embrace a kidney-healthy lifestyle

Take steps to build healthy habits. This can include eating healthy foods you enjoy, being active for 30 minutes each day, and aiming for seven to eight hours of sleep at night. Also quit smoking and limit your alcohol intake.

While a few restless nights may not be a big deal, getting consistently poor sleep can take a toll on your health. You might try establishing healthier day and nighttime habits to improve your sleep, such as limiting your caffeine intake, getting more exercise, setting a regular bedtime routine, or limiting your screen time. If you are still tossing and turning, it's possible that something more serious could be keeping you from getting the deep, restorative sleep your mind and body needs to stay healthy.

A sleep disorder is anything that consistently gets in the way of good sleep—it affects your energy level, mood, productivity, and cognitive function. It can also lead to more serious problems down the road, including conditions like high blood pressure, cardiovascular disease, diabetes, and stroke.

If you're regularly having trouble sleeping or experiencing daytime fatigue even though you thought you slept soundly through the night, it might be time to talk to a doctor.

#### When to See a Doctor

Start by asking yourself the following questions:

- Do I have trouble getting to sleep and/or staying asleep?
- Do I feel tired or exhausted during the day, even after going to bed at a decent time and feeling like I slept through the night?

If you answered "Yes" to either question, consider scheduling an appointment with your healthcare provider to discuss your concerns.

Knowing the signs and symptoms may also help you assess if you have a common sleep disorder.

#### SLEEP APNEA

Sleep apnea is a serious medical disorder characterized by irregular or interrupted breathing when you sleep. Obstructive sleep apnea (OSA), the most common form of sleep apnea, happens when the muscles in the back of your throat cause the airway to narrow or close when you breathe. This loss of air lowers your blood oxygen level, and makes your brain trigger a signal to wake up. If you have sleep apnea, your breathing can stop hundreds of times each night.

##### *Symptoms:*

Feeling tired even though you sleep through the night  
Waking in the night gasping or choking  
Chronic, loud snoring  
Morning headaches  
Dry mouth or sore throat in the morning

##### *Why See a Doctor*

Sleep apnea disrupts your sleep and prevents you from drifting into the deeper, restorative sleep cycles and REM sleep. It can rob you of health benefits your mind and body need to take place, like muscle repair and short- and long-term memory support. This can have negative long-term effects on your health.

#### INSOMNIA

Insomnia is a sleep disorder that disturbs a person's ability to fall asleep and/or stay asleep. Chronic insomnia—the more serious form of the condition—happens at least three nights per week for at least three months and is treated through lifestyle changes, cognitive therapy, and medical intervention.

##### *Symptoms:*

Inability or trouble going to sleep at your regular bedtime  
Having trouble going back to sleep after waking up during the night

##### *Why See a Doctor*

All that tossing and turning takes a toll on your sleep routine and hurts your ability to function during the day. If you're not getting the amount of deep, healthy sleep you need, your concentration and cognitive function all take a hit.

When insomnia is left untreated, it can lead to serious medical conditions, such as high blood pressure, heart disease, stroke, diabetes, anxiety, and depression. Insomnia also can increase the likelihood of dangerous workplace incidents and car crashes.

## EXCESSIVE SLEEPINESS

If you feel sleepy, groggy, or tired during the day on a regular basis, you might be among the estimated 20% of the population that suffers from excessive sleepiness. Also called hypersomnia, you might have extreme sleepiness if you experience extreme fatigue during the day even when you are getting what should be enough sleep.

### *Symptoms*

Unshakeable daytime tiredness, even though you are getting what should be enough sleep  
Daytime drowsiness  
Anxiety, irritability

### *Why See a Doctor*

Excessive sleepiness can have serious side effects. You could be so tired that you fall asleep in dangerous situations—while driving, or operating machinery. It also can cause you to perform poorly at work and can hurt your memory, motivation, and attention span. Your doctor can help determine the underlying causes of your excessive sleepiness and establish if the cause is medical or if it's related to recent lifestyle changes.

## NARCOLEPSY

Being so tired that you suddenly fall asleep at unusual and inappropriate times might be a serious condition called narcolepsy. Waking up feeling rested and alert only to have trouble staying awake for long periods of time is also common among narcolepsy sufferers. This chronic sleep disorder is a neurological condition that tends to appear in childhood or young adulthood but also can occur at any age.

### *Symptoms*

Excessive daytime sleepiness  
“Sleep Attacks” where you suddenly fall asleep, even in the middle of a conversation or task  
Waking up feeling alert and well-rested, but often have trouble staying awake for long periods of time  
Difficulty concentrating or focusing on normal daytime activities

### *Why See a Doctor*

Narcolepsy makes it hard to cope with daily life. Falling asleep suddenly during important meetings or at social functions makes it difficult to excel at work and school, and negatively impacts personal and social relationships. When “sleep attacks” occur during activities like driving or cooking, it can also be dangerous to you and those around you.

### **If You Think You Have A Sleep Disorder, Talk To Your Doctor**

Don't disregard the signs of a sleep disorder. If you're noticing a pattern of poor sleep or exhaustion during the daytime, it's important to discuss your sleep issues with your doctor as soon as possible so you can start treatment and get on the right path to healthier sleep.



### WHEN

**Saturday, April 6th**

**9.00 am—12.00 pm**

### WHERE

**C.R. Wood Cancer Center**

**Glens Falls Hospital**

100 Park Street, Glens Falls, NY  
12801.

**Screenings are open  
to the Public and No  
Insurance needed !**

### APPOINTMENTS ARE

REQUIRED

**PLEASE CALL**

**518-926-6639**



## Understanding Health Care Proxies / Advance Directives

Join us for this Educational Event to learn more about Health Care Proxies, MOLST forms, and Advance Directives

### Date:

Thursday, April 11th  
2024

### Location

Glens Falls Hospital  
Community Learning Center

### Time

10.00 am - 11.00am

### Cost

Registration is FREE

### Speakers

Elizabeth Reinhardt, PA  
Farhana Kamal, MD  
of  
The Glens Falls Hospital  
Palliative Care Team

### To Pre- Register Contact

Vickie Yattaw, RN, OCN  
518-926-6639

### Email:

[vyattaw@glensfallshosp.org](mailto:vyattaw@glensfallshosp.org)



## MARCH IS NATIONAL NUTRITION MONTH

National Nutrition Month serves as a reminder of the importance of making informed food choices and developing positive eating and physical activity habits to promote a Healthy Lifestyle.

### Tip 1—Plan Ahead

To make meal prep easy, focus on prepping for the week, like-

- Chopping Fruits and Vegetables
- Packing Healthy snacks for the week
- Hard- boiling eggs to have with a grab-and-go lunch
- Prepping rice or pasta to enjoy with as easy weeknight dinner

### Tip 2– Eat Breakfast



### Breakfast On-the-Go Ideas

- Greek Yogurt, Frozen Berries, Granola
- Whole Grain Bagel, Peanut Butter, Banana, Milk
- Hard-Boiled Eggs, English Muffin, Fresh Fruit
- Protein Overnight Oats
- Fruit Smoothie

### Tip 3– Build a Healthy Lunch



### Building a Healthy Lunch

- Good Source of Carbohydrates
- Lean Protein
- Healthy, Unsaturated Fats
- Fruits and Vegetables
- Nutritious Beverage

### Tip 4– Increase your Intake of Fruits and Vegetables

Fruits and vegetables contain vitamins, minerals, phytochemicals, antioxidants, and fiber making them a healthy addition to your meals and snacks. A list of in-season fruits and vegetables include-

Apples

Apricots

Asparagus

Avocados

Bananas

Broccoli

Cabbage

Carrots

Celery

Collard Greens

Garlic

Herbs

Kale

Kiwifruit

Lemons

Lettuce

Limes

Mushrooms

Onions

Peas

Pineapples

Radishes

Rhubarb

Spinach

Strawberries

Swiss Chard

Turnips

## Poison Prevention

Unintentional pediatric poisoning deaths spiked 37% in 2021, with 59 children under five years old losing their lives after gaining access to prescribed or illicit drugs.

Nearly eight out of 10 poisonings occurred in the home. Family members and caregivers should identify hazards in the home that could be a poisoning danger and keep them out of a child's sight and reach.

### Safety tips for parents and caregivers:

#### Drugs or Medications

- Keep medications safely stored in a locked cabinet or box and out of the reach of children.
- Keep medicines in their original child-resistant containers and never in unsecured containers.
- Properly discard unfinished or unused medicines.

#### Laundry Packets

- Store laundry packets in their original containers and out of a child's sight and reach.
- Do not let children handle laundry detergent packets.

#### Household Cleaning Supplies

- Keep chemicals and cleaning supplies safely stored in a locked cabinet or box and out of the reach of children.
- Keep household chemicals in their original child-resistant containers.

#### Button Cell or Coin Batteries

- Keep products with accessible batteries away from children if the battery compartments do not have a screw closure or if the compartment is damaged.
- Check the toys in your home to make sure battery compartments are secured.
- Do not allow children to play with or be in contact with button cell or coin batteries.



**#NPPW24**

### Warren County Rabies Clinic Schedule 2024

Below is the schedule of confirmed rabies clinics being held by Public Health in 2024. Continue to check the [Public Health website](#) for updates to the rabies clinic schedule .

**Saturday, May 4th**, Queensbury Community Center 10:00am—Noon. 742 Bay Road, Queensbury

**Saturday, July 13th**, Chester Fire House 10:00am— Noon. State Route 8

**Saturday, August 10th**, Queensbury Community Center 10:00am—Noon. 742 Bay Road, Queensbury

**Saturday, September 14th**, Chester Fire House 10:00am— Noon. State Route 8

**Saturday, October 19th**, Queensbury Community Center 10:00am—Noon. 742 Bay Road, Queensbury

**Saturday, November 2nd**, Queensbury Community Center 10:00am—Noon. 742 Bay Road, Queensbury

#### Clinic things to remember

- Please keep dogs on leashes and cats in carriers when attending a clinic.
- Pets must be 3 months of age to receive their first rabies shot, which is good for 1-year.
- Pets need a booster shot 1-year after the initial shot. Booster shots are good for 3-years.
- Pets that have received a booster dose will need to receive an additional booster dose every 3-years.
- Initial and booster shots are available at all rabies clinics.
- Please bring expired rabies tags if you have them. This helps ensure the right shot (initial/booster) is given to your pet.

A \$10.00 donation is requested for each pet that is vaccinated to help offset clinic costs. However, no one is turned away due to financial hardship.

Please contact Warren County Public Health if you have questions about the rabies clinics 518-761-6580.

## RECIPE OF THE MONTH

# Cheesy Sweet Potato & Black Bean Casserole

Active time— 25 mins

Cooking time—50 mins

Servings— 6

Diabetes Appropriate, Nut free, soy free, Heart Healthy, Vegetarian, Gluten Free, Egg Free



### Ingredients—

- 1 tbsp. olive oil
- 1 1/4 lbs. sweet potatoes, peeled and cut to 1/2” cubes
- 2 tbsp. chili powder
- 1 tsp. ground cumin
- 1/4 tsp. kosher salt
- 1/4 tsp. ground pepper
- 1 (14.5 oz.) can fire– roasted diced tomatoes, drained
- 1 (4 oz.) can mild diced green chilies, drained
- 1 (15 oz.) can no-salt– added sweet corn, drained
- 3/4 canned no-salt-added black beans, drained
- 1 1/4 cup shredded sharp Cheddar cheese, divided
- 2 scallions, thinly sliced
- 1/4 cup rough chopped fresh cilantro
- 1 lime, cut into 6 wedges

Can be substituted  
with Taco Seasoning

### Directions—

- Preheat oven to 400 degree F. Coat a 9-by-13– inch baking dish with cooking spray.
- Heat oil in a large non stick skillet over medium heat. Add sweet potatoes, cook, stirring occasionally, until tender on the outside, 10-12 minutes.
- Add chili powder, cumin, salt and pepper ( or taco seasoning), stir, until fragrant for about 30 seconds.
- Stir in tomatoes and green chilies, cook and stir occasionally for a minute.
- Remove from heat, Add black beans, corn and 3/4 cup cheese.
- Transfer the mixture to the prepared baking dish. Scatter the remaining 1/2 cup cheese on top.
- Cover the baking dish with foil and bake for 15 minutes.
- Remove the foil. Bake until the sweet potatoes are tender and cheese is melted and bubbly., for another 8-10 minutes.
- Top with scallions and cilantro.
- Serve with lime wedges.

### Nutrition Facts- Serving size: 1 cup ( 290 calories)

Dietary fiber—8 gms.

Total sugar— 8 gms.

Protein— 12 gms.

Sodium— 523 mgs.