

From The Merle Boyd Center

Healthy Eating, Being Active

Lifestyle Balance Program

The Diabetes Prevention Program created the Lifestyle Balance curriculum to help prevent diabetes among those who are at high risk. The program meets once a week for sixteen weeks and focuses on weight loss, healthy eating, and staying active.



Sac and Fox Nation Special Diabetes Program

Brittany Crawford, RD/LD
Phone: 918-968-9531
E-mail: brittany.crawford@ihs.gov

Tentative meeting times will be Mondays at noon at the Merle W Boyd Center starting in October.

There will be ten spots available, please contact Brittany Crawford by September 30, 2013 if interested in participating.

March is National Colorectal Cancer Awareness Month

LaDona Johnson, CHR Coordinator



Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it.

How Can You Reduce Your Risk?

The risk of getting colorectal cancer increases with age. More than 90% of cases occur in people who are 50 years old or older. Colorectal cancer screening saves lives, but many people are not being screened according to national guidelines.

If you're 50 years old or older, getting a screening test for colorectal cancer could save your life. Here's how—

*Colorectal cancer screening tests can find precancerous polyps so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented.

*Screening tests also can find colorectal cancer early, when treatment often leads to a cure.

What Are the Symptoms of Colorectal Cancer?

Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. Symptoms for colorectal cancer may include—

*Blood in or on the stool (bowel movement)

*Stomach pain, aches, or cramps that do not go away

*Losing weight and you don't know why

These symptoms may be caused by

something other than cancer. If you're having any of these symptoms, the only way to know what is causing them is to see your doctor.

When Should You Begin to Get Screened?

You should begin screening for colorectal cancer soon after turning 50; then keep getting screened regularly until the age of 75. Ask your doctor if you should be screened if you're older than 75.

Some people are at a higher risk than others for developing colorectal cancer. Having any of these things may increase your risk—

*Inflammatory bowel disease

*A person or family history of colorectal polyps or colorectal cancer

*Genetic syndromes, like familial adenomatous polyposis or hereditary non-polyposis colorectal cancer (also known as Lynch syndrome)

If you think you may be at high risk for colorectal cancer, talk to your doctor about when and how often to get tested.

What Are the Screening Tests for Colorectal Cancer?

Several tests are available to screen for colorectal cancer. Some are used alone; others are used in combination with each other. Talk with your doctor about which test or tests are best for you. The U.S. Preventive Services Task Force recommends these tests to screen for colorectal cancer—

*Colonoscopy (every 10 years)

*High-sensitivity fecal occult blood test (FOBT), stool test, or fecal immunochemical test (FIT) (every year)

*Sigmoidoscopy (every 5 years)

Take time out for these screenings, it just may save your life.

Information Provided by:

CDC

1600 Clifton Road

Atlanta, GA 30333

800-232-4636

March 2014

Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 11:15 - Sweat in to the Oldies 12:15 - exercise dvd 5:00 Cardio/core training	4 open 8-4:30 Anthony in Shawnee	5 11:15 - Sweat in to the Oldies 12:15 - exercise dvd beginner's weight training class 4:45	6 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	7 11:15 Sweat in to the Oldies 12:15 exercise dvd
10 11:15 - Sweat in to the Oldies 12:15 - exercise dvd 5:00 Cardio/core training	11 open 8-4:30 Anthony in Shawnee	12 11:15 - Sweat in to the Oldies 12:15 - exercise dvd beginner's weight training class 4:45	13 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	14 11:15 Sweat in to the Oldies 12:15 exercise dvd
17 11:15 - Sweat in to the Oldies 12:15 - exercise dvd 5:00 Cardio/core training	18 Demo dates are Tentative open 8-4:30 Anthony in Shawnee Brittany Cooking Demo @ 11 am	19 11:15 - Sweat in to the Oldies 12:15 - exercise dvd beginner's weight training class 4:45	20 Closed 12-4:30 for In-service Training Brittany Cooking Demo @ 12 noon 4:45 Circuit training	21 11:15 Sweat in to the Oldies 12:15 exercise dvd
24 11:15 - Sweat in to the Oldies 12:15 - exercise dvd 5:00 Cardio/core training	25 open 8-4:30 Anthony in Shawnee	26 11:15 - Sweat in to the Oldies 12:15 - exercise dvd beginner's weight training class 4:45	27 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	28 11:15 Sweat in to the Oldies 12:15 exercise dvd
11:15 - Sweat in to the Oldies 12:15 - exercise dvd 5:00 Cardio/core training	11:15 and 12:15 Lunch classes Monday - Thursday 4:45-6 P.M. after work classes. Toning/weight training, low impact aerobics, core/cardio training, circuit training MONDAY thru Thursday OPEN TIL 6 PM!!			

Oklahoma Tobacco Helpline

1
800
QUIT
NOW

The Sac and Fox Nation Indian Child Welfare continue the quest for foster parents.

For more information, please contact:
918-968-3526 ext. 1713

BE THE REASON....THEY FEEL LOVED, THEY HAVE HOPE, IT GETS BETTER!

Don't Forget The March Cooking Demos

March 18
11:00 am

March 20
12:00 noon

Dates are Tentative

Brittany Crawford,
Registered Dietitian **MBC**

Sac and Fox Transportation Program

Criteria You Must Meet Before Being Eligible for Transportation:

- You must have an established chart at BHHC
- You must have no other means of transportation
- You must have an active referral from a BHHC provider to the facility where being transported

If you have Medicaid, please utilize SoonerRide SoonerRide's toll free phone number is

(877) 404-4500

Ready to make a healthy change?

- Tuesdays at the Shawnee Multi-Purpose Building
- Exercise on brand new equipment
- Learn the correct posture, balance and coordination needed
- **Have fun and be healthy!!**

Anthony Ramirez
Exercise Specialist MBC

BENEFITS OF EXERCISE

- Lower Resting Heart Rate
- Increased vascularity and better oxygen delivery to muscles
- Increased tolerance to intense exercise
- Better body shape
- Better sleeping patterns
- Less stress
- Increased self esteem

General Wellbeing	Helps to manage existing conditions	Reduces the risk of medical conditions
<ul style="list-style-type: none"> • Weight management • Increased energy levels • Reduction in stress levels • Improved heart & lungs (cardiovascular) • Improved strength & endurance • Increased flexibility • Enhanced bone and muscle 	<ul style="list-style-type: none"> • Obesity • Anxiety • High blood pressure (hypertension) • Stroke • Coronary Heart Disease • Type 2 Diabetes 	<ul style="list-style-type: none"> • Obesity • Coronary Heart Disease • Stroke • Type 2 Diabetes • Bone and joint problems e.g. Osteoporosis • Back problems • Certain types of Cancer

Physical Fitness

The ability to function effectively in physical work, training and other activities and still have enough energy left over to handle any emergencies which may arise.