



# Monthly Newsletter

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## Myths and Facts About Colorectal Cancer

March is National Colorectal Cancer Awareness Month. For many people, the discussion of this type of cancer is shrouded in embarrassment and misunderstandings. This can lead to a reduction in testing and treatment. Here are some myths and realities about this cancer. Knowing them could save your life or the life of your loved ones.

*Myth: Colon and rectal cancers are rare.*

These types of cancer are actually quite common. In 2005, almost 150,000 Americans were diagnosed with colorectal cancer.

*Myth: Colorectal cancer is usually fatal.*

When detected early, colorectal cancer is usually curable. That is why routine screening is so important. If colon cancer is found early and treated, the 5-year survival rate is 90 percent. Starting at age 50, men and women of average risk should be screened regularly. High risk groups, including those with a personal or family history of the disease and African Americans, should begin screening at age 45 or sooner if their doctor suggests it.

*Myth: Most of those who get colorectal cancer are older, white men.*

In fact, an equal number of men and women get colorectal cancer. African Americans are more likely to be diagnosed with colorectal cancer at a later stage in the disease and are often younger when diagnosed.

*Myth: You only need screening once you see symptoms.*

As with many types of cancer, the disease may be more advanced once symptoms are presented. About 75 percent of all new cases of this type of cancer occur in individuals with no known risk factors and no presentation of symptoms.



## Spring Recipes

Cooking seasonally is a great way to get quality produce at its very best and making dishes that truly complement those flavors. Springtime vegetables and fruits are featured in these great recipes.

### Asparagus Quiche

- 1 frozen 9-inch pie crust, unbaked
- 1/2 pound asparagus
- 1/2 cup shredded Swiss cheese
- 6 eggs
- 1/2 cup sour cream
- 1 cup milk
- 1 tablespoon dried onion flakes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



Bake pie crust in a 450 degree F oven for 10-12 minutes or until pastry is set and dry. Remove the woody ends of the asparagus and discard. Cut the remaining asparagus into 1-inch sections and cook in boiling water for about 5 minutes. Drain and arrange asparagus in bottom of baked pastry shell. Sprinkle with the shredded Swiss cheese. In a mixing bowl, beat the eggs and blend in sour cream, milk, onion, salt, and pepper. Pour into pastry shell. Bake in a 375 degree oven for 35 to 40 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.


### Strawberry and Spinach Salad

- 1 pint strawberries, with hulls removed and sliced
- 2 bunches fresh spinach leaves, washed and torn into small pieces
- 1/2 cup sugar
- 1-1/2 tablespoons minced green onion
- 1/2 teaspoon paprika
- 1/2 cup olive oil
- 1/2 cup balsamic or cider vinegar
- 2 tablespoons sesame seeds

In a large bowl, place strawberries and spinach leaves. In a separate bowl, combine remaining ingredients and whisk until well blended. Pour dressing over spinach and strawberries and toss.



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International Women's Day, an international holiday, has been set aside to recognize the achievements and successes of women the world over. March 8<sup>th</sup> marks one of the first organized actions by working women anywhere in the world. On this day in 1857, hundreds of women garment and textile workers went on strike in New York City protesting against low wages, long working hours, and inhumane working conditions. The event ended in violent struggles with police.

“Our lives shall not be sweated from birth until life closes, For our hearts starve as well as bodies  
Give us bread, but give us roses.”

(The anthem of striking mill workers in Lawrence, Massachusetts, 1912.)

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