



MARCH 2015



## Preventing Colon Cancer —Don't Wait To Be Screened

The topic of colon cancer is an interesting one. As I speak with co-workers at SETA about this disease and asked if they have been screened, I'm surprised at the responses I've received. Many "wince" at the idea of a colonoscopy, or state they're too young to be screened, or simply appear to be misinformed about colon cancer facts.

Sutter Health 'Health Tips' has an article on the prevention of Colon Cancer that cites 4 Colon Cancer facts everyone should be aware of:

- ◆ Colon cancer is common; on average, one person is diagnosed every 4 minutes in the U.S., and it is the second most deadly cancer (after lung cancer). There are about 145,000 cases and 50,000 deaths every year.
- ◆ Colon cancer affects men and women equally. The majority of patients don't have any family history of the disease.
- ◆ Colon cancer is preventable. Studies have shown that colonoscopies can reduce the risk of developing cancer by 60-90 percent. They can also reduce the colon cancer death rate by 53 percent.
- ◆ In November 2013, the U.S. Center of Disease Control cited that 23 million Americans age 50 or older (28 percent) had not been screened despite the recommendations.

**BOTTOM LINE: DON'T WAIT TO BE SCREENED!**

Colon cancer is often highly treatable, if it's found and treated early. When detected early, polyps can be removed, preventing the development of cancer which is what makes colonoscopy such a powerful and effective prevention strategy. To find out more about colon cancer, visit the following link:

<http://www.cancer.org/cancer/colonandrectumcancer/index>

## One of the World's Healthiest Foods

Cabbage is known as a cancer inhibitor, especially for colon cancer. Cabbage also stimulates the immune system, kills harmful bacteria, soothes ulcers, and improves circulation.



### Frizzled Cabbage

#### Ingredients:

¼ medium cabbage  
2 TBS butter  
Salt & pepper to taste

- Core & very thinly slice cabbage
- Melt butter in a large skillet, when it's bubbling, add cabbage - add salt & pepper
- Stir occasionally and cook until mostly wilted
- Turn the heat down to medium-low and let cook, stirring frequently, until cabbage starts to caramelize (brown), about 10 minutes - don't burn
- Taste, adjust seasoning, serve immediately (2 servings)

For any inquiries regarding our wellness program, contact Ellen Franz at (916) 263-3907 or email [wellness@delpaso.seta.net](mailto:wellness@delpaso.seta.net)



MIND•BODY•SPIRIT  
SETA WELLNESS PROGRAM



## 2015 SETA MINI WELLNESS FAIR

April 3, 2015

1:30pm—3:30pm

Hillsdale Job Center



"Spring Into Wellness" this season and attend the mini wellness fair. The goal of the fair is to expose you to the use of wellness resources that nurture your mind, body and spirit! Don't forget to use your 4 hours that are allocated to you yearly to attend wellness events. Call us for further information.

## February Happenings

"February - A month of Celebrations" was a fun and engaging Bring Your Own Lunch (BYOL) get-together hosted by the Monitoring Unit, Workforce Development. Quizzes, goodies, and prizes topped off the event and it was a great way to create camaraderie in the workplace. If you have a staff wellness event you're hosting at your site, share it with us and we'll include you in our next newsletter!



## Live Well for Life®

The SETA Wellness Program is partnering with Sutter Health for their "Live Well for Life" program. The objective of the program is to help employers identify and address employee health risks, thus enhancing employees' health and wellness. The program kicked off on February 26 with the "Know Your Numbers" presentation, focused on helping staff assess their risk for heart disease, strokes, and heart attacks.

In the coming months, the "Live Well for Life" program will cover topics to include Back Safety, Men's Health, Office Yoga, Meditation and Laughter in the Workplace. An on-line Personal Health Assessment will also be available for staff as well as a customized Employee Dashboard with access to a robust library of health resources.

