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## **PRESS RELEASE**

### Board of Health Urges Early Cancer Detection

March is Colorectal Cancer Awareness Month. Paramus Health Officer, John Hopper urges you to schedule an annual visit with your doctor. Colorectal cancer is the third most common cancer found in our country and responsible for more than 50,000 deaths each year, yet it is also one of the most curable forms of the disease. Caught early and with proper treatment, most patients return to normal lives.

People at high risk for the disease are those with a family history of colorectal cancer, those with a family or personal history of ovarian, endometrial or breast cancer, or a personal or family history of benign colorectal polyps, ulcerative colitis or Crohn's disease. People eating a diet high in fat and those who use alcohol and cigarettes are also at higher risk.

Although the American Cancer Society recommends that men and women at average risk for the disease should begin screening at age 50, only about half of the people in this age group have been screened.

In 2008, new guidelines for colon and rectal cancer early detection were published. Tests that find polyps and cancer are: flexible sigmoidoscopy every 5 years, colonoscopy every 10 years, double contrast barium enema every 5 years and CT colonoscopy (virtual colonoscopy) every 5 years.

Tests that mainly find cancer are: fecal occult blood test (FOBT) every year, fecal immuno chemical test (FIT) every year and stool DNA test (sDNA), interval uncertain.

Paramus residents may receive a free FOBT by calling the Board of Health at 201-265-2100, Ext. 615 or 618. The FOBT, a simple at-home procedure, checks for blood hidden in the stool which may be a sign of cancer or other internal disorder. After following instructions, the test kit is returned to the Board of Health office and the results are mailed to your home.

Board of Health member Mary Ann Siniscalchi urges all Paramus residents over the age of 50 to take advantage of the free test kits.

cc: Mayor J. Tedesco  
Councilwoman M. O'Brien  
Toni Falato, Borough Clerk  
Board  
P. Opitz, RN  
J. Fraioli, RN.  
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