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HEALTH Connection

WINTER 2011

Better Health Starts Here

Removing
Your Fear of
**Colon Cancer
Screening**

Lower Your Colon
Cancer Risk:
Eat Healthy!



Northern California
Surgery Center



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Sticks & Stones May Break Your Bones, But We Are Here to Help You

WHEN KIDS PLAY, ANYTHING CAN HAPPEN—FROM A BRUISE TO A BROKEN BONE. WHILE A BROKEN BONE CAN BE SCARY FOR YOU AND YOUR CHILD, KNOWLEDGE OF HOW TO HANDLE THE SITUATION CAN BE COMFORTING.

Fractures are common in kids' upper limbs because children's natural reaction is to fling their hands in front to catch their fall. A few clues your child broke a bone include:

- * a snapping sound
- * pain when weight is put on the injured area or when it is moved
- * pain in a specific area
- * swelling and bruising

Care Is Available

Depending on where the break occurred, there are certain steps you should take. For example, if you suspect a head, neck, or back injury, do not move your child, as movement could cause serious nerve damage. Call 911 immediately.

If the broken bone is protruding through the skin and bleeding, apply pressure to the area with a clean piece of material. Do not attempt to push the bone back in or rinse the wound. Seek medical attention as quickly as possible.

For more information about bone injuries and how to help your child grow strong bones, please visit www.northerncaliforniasurgerycenter.com/healthconnection.

Winter Sports Safety 101

NO FEELING EQUALS THAT OF SKIING DOWN THE SIDE OF A SNOWY MOUNTAIN. WHILE WINTER SPORTS ARE POPULAR AND FUN, ACCIDENTS RESULTING IN BROKEN BONES CAN HAPPEN IF PEOPLE DO NOT TAKE THE PROPER SAFETY PRECAUTIONS.

Backyard Fun

Know the area where you are sledding, and ensure it is not icy, close to a road, or full of obstacles. Make sure your sled is easy to steer, so you can safely dodge any unexpected obstacles that might be in your path. Avoid using trash can lids and garbage bags for makeshift sleds, as they do not offer proper steering or control. Also, wear a bike helmet, so your head is protected if a collision does occur.

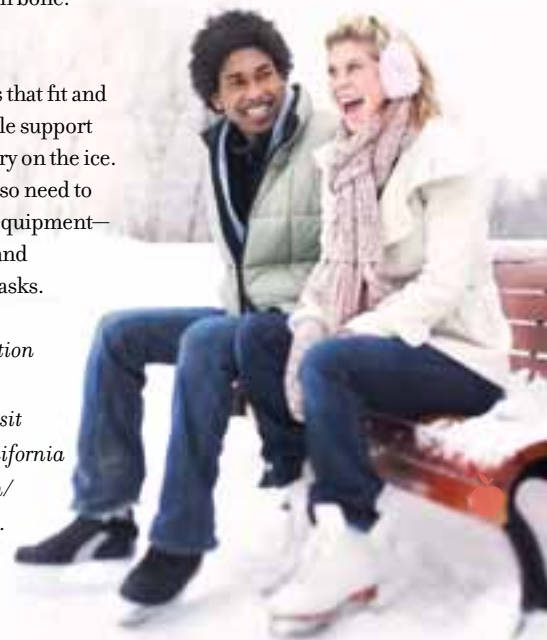
Slope Sports

When it comes to snowboarding and skiing, equipment that fits properly is key to maintaining control and preventing broken bones. Bindings and boots should fit your feet correctly, and helmets are essential for protecting your head. It's also a good idea to take a ski or snowboarding lesson if you're not experienced. Instructors will teach you the right way to fall, reducing your chance of a broken bone.

Ice Sports

Wearing skates that fit and provide good ankle support help prevent injury on the ice. Hockey players also need to wear the proper equipment—helmets, gloves, and protective face masks.

For more information about preventing winter injuries, visit www.northerncaliforniasurgerycenter.com/healthconnection.



Experts estimate that approximately one-third of all cancers are diet related.

HEALTHY EATING, *Healthy* Digestive Tract

MARCH IS COLON CANCER AWARENESS MONTH. COMMIT TO EATING HEALTHIER TO HELP REDUCE YOUR RISK OF COLON CANCER.

According to the American Cancer Society, colorectal cancer is the fourth most common cancer and the second-leading cause of cancer-related deaths in the United States. Because colon cancer is highly curable when diagnosed in its earliest stages, annual screenings for people over the age of 50—or younger, depending on family history—are recommended. But you can take charge of your colon health earlier by making smart food choices.

Seeing Red

Studies show consuming too much red or processed meat increases colon cancer risk. As a result, rely on other protein sources that will fulfill your needs without the excess fat found in red meat. Unprocessed poultry and fish are the best animal sources, but nuts, beans, and legumes are also protein-rich options.

But you don't have to give up red meat—beef and lamb—altogether. Just reserve intake for special occasions and try to opt for lean cuts.

Plant an Idea

In addition to limiting your intake of red meat, including more fruits and vegetables in your diet—five or more servings each day—helps lower your risk for colon cancer. All plant sources offer vitamins and minerals. But, to receive the greatest benefit, it is important to consume a variety of fruits and vegetables. A good rule of thumb is to choose fruits and vegetables spanning the color spectrum. Trying new foods regularly will also add variety, as well as prevent boredom.

In addition to vitamins and minerals, fruits and vegetables contain fiber, which some studies have linked to a lower risk of colon cancer. In fact, fiber is only found in plant sources. To increase your fiber intake, choose raw fruits and vegetables, leave the skin intact, and opt for whole-grain bread, pasta, and rice.

For more information about colon cancer and its prevention, including healthy eating habits, visit www.northerncaliforniasurgerycenter.com/healthconnection.



A Healthy Recipe for Your Colon

The vegetarian lentil soup recipe below will help warm you up during those winter months while also giving your body the fiber it needs to promote a healthy colon.



Delicious and Nutritious Lentil Soup

INGREDIENTS

2 teaspoons olive oil
¼ cup carrot, finely chopped
¼ cup celery stalk, finely chopped
¼ cup onion, finely chopped
1 small sprig fresh thyme
4 cups vegetable stock
1 ⅓ cups dried lentils
¼ teaspoon dried freshly ground pepper
salt to taste

DIRECTIONS

Heat the olive oil in a saucepan over low heat. Add carrots, celery, onion, and thyme. Season lightly with pepper* and cook for 10 minutes. Add the stock and lentils and bring to a boil quickly over high heat. Lower the heat and simmer until the lentils are tender, about 1 hour. Puree 2/3 of

the soup in a blender and stir it into the remaining 1/3. If the soup is too thick, thin it by adding a little more stock. Raise the heat and bring the soup to a boil for 15 seconds. Add salt and more pepper to taste.

Serves four.

* Do not add salt until the lentils are fully cooked, because salt will prevent the lentils from becoming tender.

NUTRITIONAL INFORMATION

Serving Size: 1¼ cups
Calories: 250
Total Fat: 3 g
Sodium: 65 mg
Total Carbohydrates: 38 g
Dietary Fiber: 20 g
Protein: 20 g

Needing Your Screening?

"I'M AFRAID IT WILL HURT." "I'VE HEARD THE BOWEL PREP IS AWFUL." "I DON'T HAVE A FAMILY HISTORY OF COLON CANCER." NO MATTER WHAT YOUR EXCUSE FOR NOT RECEIVING A COLONOSCOPY, IT'S TIME TO PUT YOUR FEAR BEHIND YOU AND SCHEDULE THIS IMPORTANT SCREENING.

Know the Facts

According to the National Cancer Institute, approximately 142,570 people are diagnosed with colorectal cancer in the United States each year. To reduce your risk of colorectal cancer, quit smoking, limit alcohol use, and keep chronic conditions such as diabetes in check.



According to the American Cancer Society, approximately one in 19 men and one in 20 women will be diagnosed with colorectal cancer in their lifetime. Fortunately, approximately 90 percent of colorectal cancer can be cured with surgical intervention when the disease is detected in its earliest stages.

"More than half of people diagnosed with colorectal cancer don't experience any symptoms or may notice very minor ones," says E. Isaac Faraji, MD, gastroenterologist with Northern California Surgery Center. "Problems such as change in bowel habits, abdominal pain, unintentional weight loss, and rectal bleeding can all signal colon cancer, but the development of symptoms often indicates a more advanced disease."

Dr. Faraji encourages men and women to undergo their first colonoscopy at age 50 unless they are at higher risk for developing colorectal cancer. For people whose parents or siblings have polyps or have been diagnosed with colorectal cancer, screening should start at age 40 or 10 years before the age the relative was diagnosed, whichever age is younger. Other risk factors for colorectal cancer include age, obesity, tobacco use, and inflammatory conditions of the colon, such as Crohn's disease and ulcerative colitis.

What to Expect

Dr. Faraji says that while the bowel preparation is the most unpleasant part of a colonoscopy, there are various options for this process, including a pill regimen.

"Patients should follow their physicians' recommendations for the bowel prep process," says Dr. Faraji. "A clean colon is essential for careful examination and reduces the chances of lesions or cancers being overlooked."

Dr. Faraji explains that patients are sedated during the procedure and that most experience no discomfort whatsoever when they wake up. A colonoscopy takes only about 20 to 30 minutes, but patients should plan on being at the center for two to three hours the day of the procedure to allow for paperwork, surgical preparation, the procedure itself, and recovery.

To find a colonoscopist on staff at Northern California Surgery Center, call (209) 668-9866.

Northern California Surgery Center

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