

March 2, 2016

“DRESS IN BLUE” TO SUPPORT COLON HEALTH

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Sanford, Fla. – The Florida Department of Health in Seminole County (DOH-Seminole) invites you to raise awareness for colon health by participating in National Dress in Blue Day on Friday, March 4, 2016.

Launched by [Colon Cancer Alliance](#) in 2009 to raise awareness about colon health, National Dress in Blue Day falls on the first Friday of March each year. Colorectal cancer is the second leading cause of cancer death in Florida among cancers that affect men and women. This type of cancer is also highly preventable through regular screenings, eating a healthy diet, exercising regularly, limiting alcohol and quitting smoking.

Regular screening for colorectal cancer should begin at age 50. Also, your risk for colorectal cancer may be higher than average if you or a close relative have had colorectal polyps or colorectal cancer, and people at high risk may need early or more frequent tests than others do. Talk to your doctor about which screening test is right for you.

Testing options and their recommended frequency include:

- A Fecal Immunochemical Test or FIT (testing for blood in the stool) every year
- A sigmoidoscopy every five years with FIT every three years
- A colonoscopy every 10 years

“Early screening and paying close attention to your restroom health will help,” said Dr. Swannie Jett, Health Officer for DOH-Seminole. “Please get tested today.”

According to [Florida Charts](#), from 2010 to 2012, thirty-four percent of Seminole County residents were diagnosed with colorectal cancer compared to the Florida average of thirty-three percent. Furthermore, approximately fifteen percent of deaths were attributed to colorectal cancer from 2012 to 2014 in Seminole County than the Florida average of fourteen percent. In Seminole County, the rate of developing colorectal cancer is two times higher in the black population compared to the white population.

For more information about colon health visit the [Centers for Disease Control and Prevention](#) website. Additional information can also be found on DOH-Seminole’s website, www.seminolecohealth.com.

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