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| ELLSWORTH FREE MEDICAL CLINIC NEWSLETTER FEBRUARY 2024 | | |
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| HEALTH AWARENESS THIS QUARTER | | |
| MARCH is Colorectal Health Awareness Month  APRIL 3 is National Walking Day  MAY is National Mental Health Awareness Month | | |
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| COLORECTAL CANCER AWARENESS  Colorectal cancer is the third most common cancer in the US and accounts for 10% of all cancer cases. It can be prevented and detected early with routine screening by colonoscopy, sigmoidoscopy, or stool samples.  Recommendations:  Age 45-75 Colonoscopy every 10 years  Age 76-85 Colonoscopy frequency based on individual factors | | The recommended stool tests are:  Guaiac FOBT every 1-2 years. Uses chemical to detect heme(a blood protein)  FIT Test every 1-2 years. Uses antibodies to detect heme (a blood protein)  FIT DNA. Same as above with DNA detection |
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| APRIL 3 NATIONAL WALKING DAY | | | | | | |  |  | | | |
| The American Heart Association launched this in 2007. Its goal is to get everyone to walk for at least 30 minutes. | | | | | | | | | | | |
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| Benefits of walking include improved heart health, weight maintenance, flexibility and mental health.  Tips to make your walk easier and more productive:  Go with a friend  Wear comfy clothes  Drink water | | | | | | |  |  | | | |
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|  | | |  | MAY IS MENTAL HEALTH AWARENESS MONTH  The Substance Abuse and Mental Health Services Association (SAMHSA) sponsors this to raise awareness of mental health issues. The Goals are to: | | | | | | | |
|  | | | The Mission of Ellsworth Free Medical Clinic is to provide free, high quality primary care with passion and respect to the uninsured and inadequately insured.  Website: [www.ellsworthfreeclinic.org](http://www.ellsworthfreeclinic.org) Phone: 207-667-7953 | Reduce Stigma  Spread Acceptance and Support  Highlight Strategies for management  Promote Compassion  Encourage people to Seek Health  Promote Hope and Positivity  For further information about what you can do to give or receive help, contact the National Alliance on Mental Illness (NAMI) at namimaine.org or 800.464.5767  The Mission of Ellsworth Free Medical Clinic is to provide free, high quality primary care with passion and respect to the uninsured and inadequately insured.  Website: [www.ellsworthfreeclinic.org](http://www.ellsworthfreeclinic.org) Phone: 207-667-7953 | | | | | | | |
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