

News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Occupational Health/Primary Care

March 2017

Happy Spring!

We are now well into March. Hopefully Mother Nature will make up her mind soon so we can start to see some more signs of spring!

Health coaching sessions have been well underway at the Aspirus School District Clinic and I have been pleased by the progress many of you have made since last year's screening event.



I look forward to continuing to meet with you all in the upcoming months. As a reminder, please bring documentation of your biometric screening results and appropriate form from the district office to your health coaching appointment.

School Year Clinic Hours

- Monday: 3pm-5:30pm
- Tuesday: 11am-1pm
- Wednesday: 3pm-5:30pm
- Thursday: 11am-2pm
- Friday: 2:30pm-4:30pm



Upcoming events:

Off-site health coaching sessions:

- 3/20/17 NCES 11:00am – 2:00pm
- 3/23/17 Crescent 2:30pm – 6:00pm
- 3/24 /17 Central 11:00am – 2:00pm
- 3/30/17 Pelican 2:30pm – 6:00pm

March is National Colorectal Cancer Awareness Month



Colorectal cancer is cancer of the colon or rectum. It is the 3rd most commonly diagnosed cancer in men and women. It is estimated that in 2017 in the US, more than 135,000 people will be diagnosed with colorectal cancer and just over 50,000 people will die from the disease—making it the 2nd leading cause of cancer deaths nationwide.

Thankfully, with appropriate screening, this type of cancer can be prevented. There are several screening tests to detect colorectal cancer early, when it can be easily and successfully treated.

Risk Factors

You might be at an increased risk for colorectal cancer if you:

- Are age 50 or older.
- Smoke or use tobacco.
- Are overweight or obese, especially if you carry fat around your waist.
- Are not physically active.
- Drink alcohol in excess (especially if you are a man).
- Eat a lot of red meat, such as beef, pork or lamb, or a lot of processed meat, such as bacon, sausage, hot dogs or cold cuts.
- Have a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps.
- Have a personal or family history of inflammatory bowel disease, such as ulcerative colitis or Crohn's disease.

Symptoms

Early stages of colorectal cancer don't usually have symptoms. Later on, people may have these symptoms:

- Bleeding from the rectum or blood in or on the stool.
- Change in bowel habits.
- Stools that are more narrow than usual.
- General problems in the abdomen, such as bloating, fullness or cramps.
- Diarrhea, constipation or a feeling in the rectum that the bowel movement isn't quite complete.
- Weight loss for no apparent reason.
- Being tired all the time.
- Vomiting.

Early Detection

Begin getting screened at age 50. Individuals older than age 75 should ask their doctor if they should continue to be screened.

If you are a high risk, talk to your health care provider about screening earlier and more often.

Talk to your health care provider about your screening test options.

Tests that find pre-cancer and cancer:

- Colonoscopy – Every 10 years
- Virtual colonoscopy – Every 5 years
- Flexible sigmoidoscopy – Every 5 years
- Double-contrast barium enema – Every 5 years

Tests that mainly detect cancer:

- Stool occult blood test (FOBT) (guaiac) – Every year
- Stool immunochemical test (FIT) – Every year
- Stool DNA test (sDNA) – ask your health care professional; the FDA approved the use of the sDNA test in 2014.

An abnormal result of a virtual colonoscopy or a double-contrast barium enema, or a positive FOBT, FIT or sDNA test, should be followed up with a colonoscopy.

Prevention

- Be physically active for at least 30 minutes at least five days a week.
- Maintain a healthy weight and waist size.
- Don't smoke. If you do smoke, quit.
- Limit alcohol to no more than one drink per day if you're a woman or two drinks per day if you're a man.
- Eat more fruits, vegetables and whole grains, which are good sources of fiber.
- Eat less red meat and cut out processed meat.
- Get screened according to guidelines.

For more information regarding screening for colorectal cancer or if you would like to discuss any questions that you may have regarding this topic, please call or schedule an appointment at the Aspirus School District Clinic. We would be happy to review your preventative screening exams and assist in getting you scheduled for any items that you may be due for.

In review from previous issues:



Scheduling an Appointment

The best way to schedule is online through [MyAspirus](#).

If you've lost your access code, let it expire, or did not receive it, you may contact our **MyAspirus Patient Support Line at (888) 692-7740** to request a new, secure password. After we verify your information, a new code will be sent via U.S. Postal Mail. Privacy issues prevent us from e-mailing a new access code to you.

If unable to obtain an appointment that way, you may stop by the clinic or call the **Aspirus SDR Clinic Line at 715-365-9770**.



MyAspirus Frequently Asked Question:

Can I view a family member's health record or schedule an appointment for my child through MyAspirus?

Yes you can! This is called Proxy access and allows a parent (or guardian) to log into their personal MyAspirus account, and then connect to information regarding their family member. Complete a [Proxy Consent Form](#) and return it to one of our medical facilities to request access to this convenient service.



Location

665 Coolidge Ave. Door #7
Rhineland, WI 54501
(Northwest side of the building)

Aspirus SDR Clinic Line

715-365-9770

