

# THE PATIENT PRESCRIPTION

Your Monthly HopeHealth Insights

## Colorectal Cancer Screening

Getting treatment for colorectal cancer during its earliest stage can lead to a 90 percent survival rate after five years, yet more than a third of adults who should be screened do not.

The top reasons patients give for skipping their screenings include:

- Lack of symptoms
- Dread of the colonoscopy and preparation
- Inconvenience of taking a day off of work and getting a driver for after a colonoscopy

The non-invasive stool DNA test is good news for patients who dread undergoing a colonoscopy and have no personal history of pre-cancerous polyps, or colon or rectal cancer. The stool DNA test is done every three years and checks for cancer by looking for certain gene changes that are sometimes found in colon and rectal cancer cells.

The test also checks for blood in the stool which can indicate cancer. Best of all it can be done at home. No special diet or preparation is required. However, if the test comes back positive, the patient may then need to undergo a colonoscopy for confirmation and polyp removal.

If you are over 50 (younger with a family history), the test is just one of several colorectal cancer screening options you should discuss with your provider. Other options include:

- Annual fecal occult blood test
- Flexible sigmoidoscopy every five years
- Computed tomography colonography every five years
- Colonoscopy every 10 years

Whichever test you choose, getting screened can save your life. Don't put it off. Schedule your screening today!

## SAVE *the* DATES

50+ *Senior Life*  
**EXPO**

The Florence Center

**APRIL** 9 am - 3 pm  
**4-5** Thursday & Friday

### Seniors with Hope

Join us and bring a friend for this month's Seniors with Hope! Topics include:

- The federal identification card act - Real ID
- The importance of colorectal cancer screening

**3/7** **Betha Retirement Community**  
2-3:30 pm *Chapel | 157 Home Ave., Darlington*  
Speakers: Scott Strickland and Dana Jones, NP

**3/14** **HopeHealth Medical Plaza**  
2-3:30 pm *Magnolia Room | 360 N. Irby St., Florence*  
Speakers: Scott Strickland and Dana Jones, NP

**3/21** **HopeHealth in Kingstree**  
2-3:30 pm *Conference Room | 520 Thurgood Marshall Blvd., Suite B, Kingstree*  
Speakers: Scott Strickland and Raymond Dominici Jr., MD

Seniors with Hope is a public, free event focusing on topics relating to healthy senior living and includes light refreshments and door prize drawings.

## NATIONAL DOCTORS' DAY March 30



Visit us on FaceBook and tell us about your favorite HopeHealth doctor with #HHDDoctorsDay at [FaceBook/HopeHealth inc](https://www.facebook.com/HopeHealthinc)

## Cardiac Arrest, Heart Attack & Stroke Warning Signs

Knowing the warnings signs for cardiac arrest, heart attack, and stroke can help save a life. Don't ignore these symptoms. Instead, **call 911** and begin CPR if the person is unconscious.

### Cardiac Arrest Warning Signs

- Sudden Loss of Responsiveness
- No Normal Breathing

### Heart Attack Warning Signs

- Chest Discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Cold sweats
- Nausea
- Lightheadedness

### Stroke Warning Signs Remember F.A.S.T.

- Face Drooping
- Arm Weakness
- Speech Difficulty
- Time to call 9-1-1

To learn more about symptoms, visit the American Heart Association at [heart.org](http://heart.org)



**FIRST  
+ AID  
FILE**

Clip & Save