

METROPOLIS PLANET



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A4 METROPOLIS PLANET Thursday, March 31, 2022

Organizers deem 'Strollin' Through the Colon' event a success

BY PLANET STAFF

Southern Seven Health Department held its third Colorectal Cancer Awareness Event last week at Big John Grocery in Metropolis.

Nearly 100 visitors were "Strollin' through the Colon" on Saturday, March 19, to mark March as Colorectal Cancer Awareness Month.

Those in attendance learned about colorectal cancer from health care professionals, while walking through a 20-foot inflatable colon. Everyone 45 and older was offered a free, at-home colorectal cancer stool-based screening kit known as a Fecal Immunochemical Test or FIT.

While 27 FIT kits were distributed during the event, Southern Seven reported that it received more requests in the days following. As of March 24, 49 kits had been

requested as a direct result of the cancer awareness event with more anticipated in the coming days.

"The fact that so many responded to this event is proof that more people in southern Illinois are thinking about colorectal cancer prevention in all forms," said Shawna Rhine, Southern Seven community outreach coordinator. "All of us know someone impacted by CRC. Finding it in early stages is the key to beating it."

Southern Seven and its partners, Hope Light Foundation and University of Chicago Medicine Center for Asian Health Equity, along with Big John Grocery in Metropolis, hosted the event.

Dr. Jonathan Walters, family medicine specialist affiliated with Massac Memorial Hospital, spoke on the subject of

colon and other cancers in the region. A proclamation recognizing March as Colorectal Cancer Awareness Month was read by Massac County Commission chairman Jerel Childers, and signed by guests. Representatives from Community Health and Emergency Services were also on hand to provide cancer awareness information.

Colorectal cancer is the second leading cause of cancer-related deaths in men and third in women in the United States. The Centers for Disease Control and Prevention recommends that people at average risk of colorectal cancer start regular screening at age 45.

For more information about colorectal cancer prevention, including receiving a free test kit, contact Southern Seven at 618-634-2297, ext. 9161, or visit southern7.org or on Facebook.



Contributed photo

Southern Seven Health Department, the University of Chicago Medicine Center for Asian Health Equity and the Hope Light Foundation welcomed visitors to its "Strollin' through the Colon" Colorectal Cancer Awareness Event at Big John Grocery on Saturday, March 19. Dr. Jonathan Walters, with Massac Memorial Hospital, spoke on cancer prevention and regional cancer statistics. Massac County Commission chairman Jerel Childers read a proclamation, which was later signed by guests.