

BUZZ, BODY & BITES

A newsletter for actively aging adults
Virginia Cooperative Extension
Family & Consumer Sciences
March, 2021 Newsletter

Buzz



COLORECTAL CANCER SCREENING

The U.S. Preventive Services Task Force recommends adults ages 50 to 75 be screened. People older than 75 should talk to their doctor about the need to be screened. The screening options are:

Stool tests:

gFOBT & FIT - test for blood in the stool. If you choose one of these tests it should be done **every year**.

FIT-DNA - uses antibodies to test for blood in the stool. If you choose this test it should be done every **3 years**.

Tomography tests:

CT colonography - uses X-rays and computers to produce images of the entire colon that the doctor analyzes.

Endoscopy tests:

Flexible sigmoidoscopy - will check the lower third of the colon and rectum. This test should be done every **5 years** or every 10 years if combined with a FIT test every year.

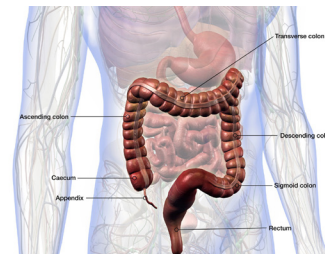
Colonoscopy - will check the entire colon and rectum, and the doctor will remove polyps and some cancers. This test is done every **10 years** if nothing is found.

Colonoscopy is a required follow-up test if the other screening tests show abnormalities.

COLORECTAL CANCER AWARENESS

March is *Colorectal Cancer Awareness Month*. So, what is colorectal cancer and why do we have a whole month dedicated to learning about it?

Colorectal cancer occurs in the colon or rectum. The colon, also known as the large intestine or bowel, has four sections, the ascending, transverse, descending, and sigmoid colon. The rectum is found after the sigmoid colon. Almost all colorectal cancer starts as an abnormal growth, called a polyp, in the inner lining of the colon or rectum. Colorectal cancer screening tests can find and remove polyps before they turn into cancer, and detect colorectal cancer early when treatment is most successful.



Encouraging people to be up to date with their colorectal cancer screenings is the main goal of Colorectal Cancer Awareness Month. The steady decline in new colorectal cancer cases in people age 50 years and older is primarily because of the increase in the number of people getting screened. There is a national goal to get at least 80% of adults screened. See the side panel for the types of colorectal cancer screenings available.

The most important risk factor for colorectal cancer is age. About 90% of cases occur in people 50 years or older. Having a history of colorectal cancer or polyps in your family, inflammatory bowel disease, or certain genetic factors are other risk factors. People with these risk factors may want to start screening earlier.

Certain behaviors can increase risk for colorectal cancer. Smoking increases the risk, as does drinking more than two alcoholic drinks per day. Being overweight or obese, and eating processed meats like hot dogs and cold cuts also increases risk.

To reduce risk, experts recommend choosing whole grains rather than refined grains, including dairy products in the diet, eating less red meat like beef, pork, and lamb, and eating lots of fruits and vegetables daily. Staying physically active is also a very important step to decrease your risk for colorectal cancer. And by all means, *be sure you are up to date with your colorectal cancer screenings!*

Contributed by Carlin Rafie, PhD, RD

Bites

Hummus



Hummus makes a healthy, high-fiber snack. Wonderful on toast or crackers, as a dip for fresh vegetables, and added on salads.

Link: gimmesomeoven.com/classic-hummus/

Ingredients:

- 1 (15 ounce) can chickpeas, rinsed and drained
- 2–4 tablespoons cold water, or more if needed
- 2 tablespoons extra virgin olive oil
- juice of 1 lemon (2–3 tablespoons)
- 2 medium cloves garlic, peeled and smashed
- 1/2 teaspoon ground cumin
- 3/4 teaspoon salt
- 1/3 cup tahini (optional - a Middle Eastern spread found at your local grocery store)

Instructions:

Add cold water, olive oil, lemon juice, garlic, cumin, salt, and tahini (optional) to a food processor or blender. Puree until smooth.

Add in the chickpeas. Puree for 3-4 minutes, pausing halfway to scrape down the sides of the bowl, until the hummus is smooth. If it seems too thick, add in another tablespoon or two of water.

Taste and season with additional salt, cumin, and/or lemon juice if needed. Garnish with desired toppings (olive oil, parsley, paprika, etc.).

Body



Seated Row

Works the triceps muscles

1. Sit in an armless chair, keep your feet flat on the floor, shoulder-width apart.
2. Relax your shoulders and extend your arms beside your legs, weights in hands facing in.
3. If using a resistance band, place the center of the band under both feet. Hold the ends of the band in each hand, palms facing in.
4. Pull both arms back until your hands are at your hips.
4. Hold position for one second, then return your hands to the starting position.
5. Complete one set of 10 - 15 repetitions. Rest for 15 seconds, then repeat.

Mind Games

Below you will see pairs of words, and your goal is to find a third word that is associated with both words. For example, the first pair is PIANO and LOCK. The answer is KEY. The word "key" is associated with PIANO (piano key) and the word LOCK (lock and key).

Write the letter associated with the correct answer.

- | | | |
|-----------------------|---------------|-----------|
| 1. LOCK — PIANO | <u> E </u> | A. Sheet |
| 2. SHIP — CARD | <u> </u> | B. Case |
| 3. TREE — CAR | <u> </u> | C. Mummy |
| 4. SCHOOL — EYE | <u> </u> | D. Racket |
| 5. PILLOW — COURT | <u> </u> | E. Key |
| 6. RIVER — MONEY | <u> </u> | F. Pipe |
| 7. BED — PAPER | <u> </u> | G. Deck |
| 8. ARMY — WATER | <u> </u> | H. Tank |
| 9. TENNIS — NOISE | <u> </u> | I. Trunk |
| 10. EGYPTIAN — MOTHER | <u> </u> | J. Bank |
| 11. SMOKER — PLUMBER | <u> </u> | K. Pupil |

RESOURCES

Centers for Disease Control and Prevention: What Should I Know About Screening for Colorectal Cancer? (cdc.org)

AARP: New Guidelines for Colorectal Cancer Screening (aarp.org)

American Institute for Cancer Research: Colorectal Cancer - American Institute for Cancer Research (aicr.org)

From Our Home to Yours: Videos of great recipes from Virginia Cooperative Extension https://youtu.be/b_OB_t2tWk4

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