

April Chamber Chat

News From Our Members, About Our Members

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If you or someone you know would like to receive the TCAT Morristown newsletter, please contact me at Samantha.crocker@tcatmorristown.edu.

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Colorectal is the Third Most Common Cancer Diagnosis in America

Colonoscopy screening is the key to early detection

Many people often shudder when their doctor informs them it's time for a screening colonoscopy. But regular screening, beginning at age 45 for people with <u>average risk</u> <u>factors</u>, is the key to preventing colorectal cancer, according to the American Cancer Society (ACS).

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States, <u>per the ACS</u>. The good news is that if colon cancer is detected before it spreads, the five-year survival rate is about 91 percent, <u>according to the ACS</u>. If it's not caught before the cancer spreads to other organs, the survival rate dips to about 14 percent.

"There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened," says A. Mike Tummers, M.D., general surgeon on the medical staff at Tennova Healthcare - Jefferson Memorial Hospital. "A colonoscopy is a fast and safe outpatient procedure that allows the physician to identify, remove, and test anything abnormal, such as a polyp, which is how most colorectal cancers begin." People over age 45 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke or have a family history of colorectal cancer.

"Your doctor can advise you about the right time to begin, as well as testing frequency, but industry guidelines suggest that a repeat screening should be conducted every 10 years for adults with average risk. People at higher risk of developing colorectal cancer may need to be tested earlier than age 45 and more frequently, as determined by your physician," says Dr. Tummers.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 45 earlier if you have above average risk factors.
- Encourage your family members and friends over age 45 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

Depending on your age, a colonoscopy screening may be a covered wellness test under your insurance plan, and most plans cover a colonoscopy completely as a follow-up test or diagnostic tool. Check with your insurance provider and your doctor's office for help scheduling a screening exam. If you need a doctor, call (423) 254-6770 or schedule online at tennovagreaterknoxvilledocs.com.



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GFWC Ladies Reading Circle and Somo Sala Circle co-present the

> 15th Annual Celebration of Tables April 20th, 2023 Table viewing at 4:30, dinner served at 6PM



at the First Presbyterian Church 600 West Main Street, Morristown

Tickets available for \$25 each. To purchase a ticket, call 423-312-6064 or 423-327-2798

Funds raised will be used to purchase picnic tables for Fulton Hill Park



Aram Demirjian, Music Director

Community Concert Coming to Morristown

Thursday, May 11 7:30 p.m. Citizen Tribune/Jefferson Federal Amphitheatre at Cherokee Park

FREE and Open to the Public

Sponsored by KaTom Restaurant Supplies, Inc & Colortech







April is:

Sexual Assault Awareness Month L Child Abuse Prevention Month.

Resources available at:



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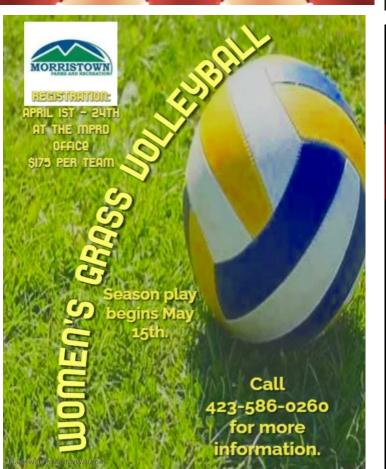








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LOOKING TO GET RID OF UNUSED EQUIPMENT, SUPPLIES, TOOLS?

Please call & leave a message at 423-492-0707 to arrange for pick-up Pick available from April 17th to May 10th Tax-deductible forms available Morristown Makers yard sale is an annual event to raise money for your local, non-profit makerspace.





<u>Deadline for the May</u> <u>Chamber Chatter: NOON ,</u> Friday, May 12

- All articles must be submitted with "CHAMBER CHATTER" in the subject line.
- All the submissions should be
 in JPEG or PNG format or as
 Press Releases in Word. We
 cannot accept submissions
 from Publisher, Power Point
 or PDF's.
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