



What the Health!?

March 2024

Are You 45 or Older?

Have You Been Screened for Colorectal Cancer Yet?

Diagnoses of colorectal cancer has nearly doubled in people aged 55 and younger, and the number of newly diagnosed late-stage cancers has increased, making it important to now get screened at age 45.



Colorectal Cancer Screening Testing Options:

Stool-based tests: check the stool (feces) for signs of cancer. These tests are less invasive and easier to have done, but need to be done more often.



Visual (structural) exams: look for any abnormal areas in the colon and rectum. This is done with either a scope (a tube-like instrument with a light and tiny video camera on the end) or with special imaging (x-ray) tests.

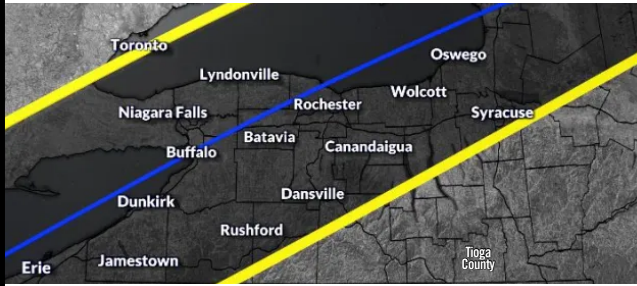


If you choose to be screened with a test other than a colonoscopy, any abnormal test result should be followed up with a timely colonoscopy.

The most important thing is to get screened, no matter which test you choose. Speak with your health care provider about which test is best for you, and to your insurance provider about coverage.

Get Ready for the Total Solar Eclipse

on Monday, April 8, 2024
A total solar eclipse is truly a once in a lifetime experience that only occurs in the same place once every 400 years. New York State will be at the center of it all on April 8, 2024!



Protect Your Eyes During the Solar Eclipse!

Never look directly at the sun without proper eye protection. This could cause serious damage to your eyes! Wear a set of eclipse glasses that comply with the **ISO 12312-2** (sometimes written as ISO 12312-2:2015) international standard when viewing any solar eclipse. This standard is thousands of times darker than standard sunglasses.



Top Poisonings in 2023 Reported by Upstate New York Poison Center



Analgesics
(acetaminophen, ibuprophen)



Household Cleaning Products
(bleach, laundry pods)



Antidepressants

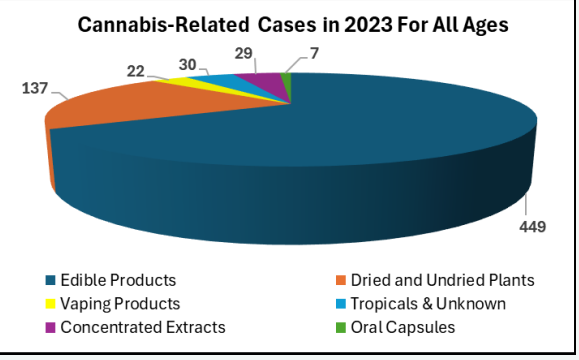


Personal Care Items
(hand sanitizers)



Cardiovascular Drugs

Edible Cannabis Exposure Calls Continue to Rise!



Poison Prevention Tips

- Keep medicines, household products, and cannabis products up high and out of reach of children.
- Store poisons and cannabis products in their original containers and in a separate cabinet or container.
- Consider using a lockbox to store any cannabis products.
- Read the label and follow the directions on medicines and products.
- Teach children to ask an adult before eating or drinking anything.