

Skeehchooash

Pequot for Grasses, Herbs, Medicines

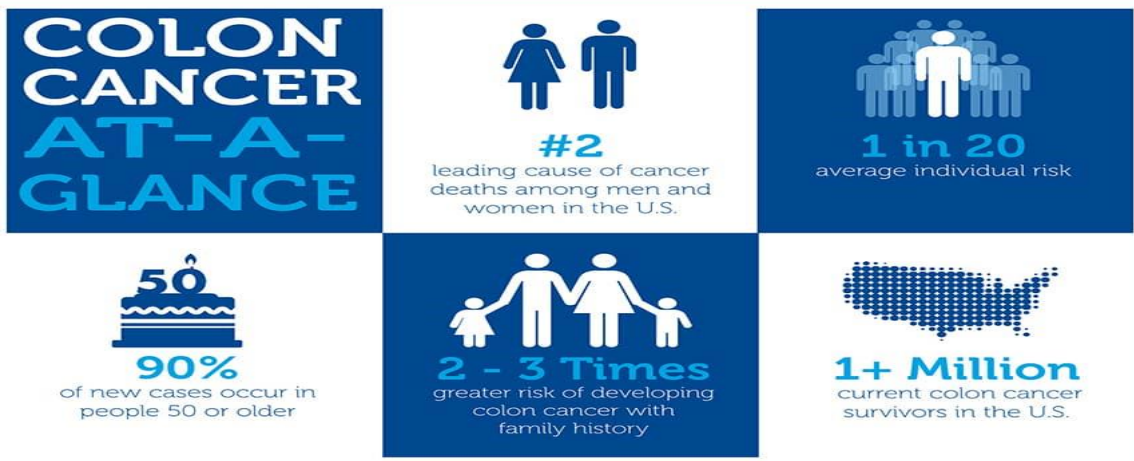
PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

March 2019

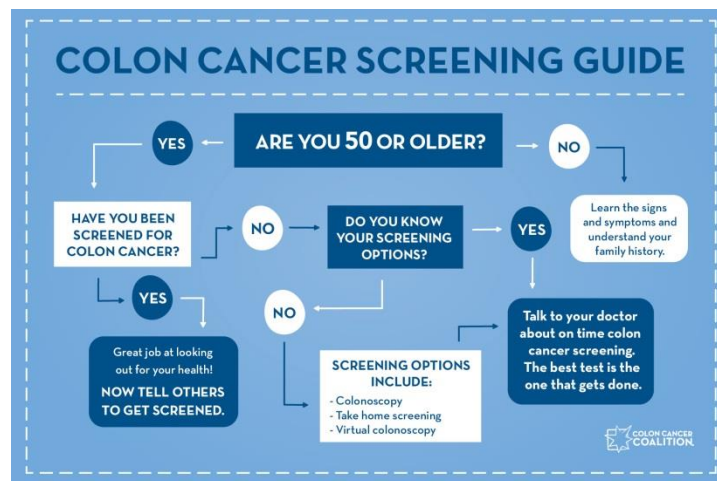


Risk Factors for Colorectal Cancer include

- ❖ Inflammatory bowel disease such as Crohn's disease or ulcerative colitis
 - ❖ A personal or family history of colorectal cancer or colorectal polyps
 - ❖ Lack of regular physical activity
 - ❖ A diet low in fruit, vegetables, and fiber and high fat
 - ❖ Overweight and obesity
 - ❖ Alcohol consumption
 - ❖ Tobacco use
- ❖ It is estimated that there were over 140,000 new cases of colorectal cancer last year, and over 50,000 deaths



- ❖ Colon cancer can be prevented; the U.S. Preventative Services Task Force recommends that all adults aged 50-75 be screened for colorectal cancer!
- ❖ “Being Healthy” is not an excuse to avoid screening! The American College of Gastroenterology tells us that colorectal cancer screening is for healthy people. If a polyp is found it can be removed before it becomes colorectal cancer!



PEQUOT PHARMACEUTICAL NETWORK

PEQUOT PLUS Health Benefit Services

PRN® Customer Service 1-800-342-5779

PRN® PBM Customer Service 1-888-779-6638

Doctors' Line 1-888-779-6362

Doctors' FAX Line 1-800-779-6329

Website www.prxn.com

E-Mail pharmacy@mptn.org

PEQUOT HEALTH CARE

Pequot Health Care
1 Annie George Drive
Mashantucket,
CT 06338



Mashantucket Pequot Tribal Nation

Elijah Andrews, PharmD Candidate

<https://www.cdc.gov/cancer/colorectal/>

At Pequot Health Care, we are dedicated to maintaining your good health!