

Monthly Updates

Early Detection Can Make All The Difference

- In honor of March being Colorectal Cancer Awareness Month, it is a good time to make people more aware of the importance of routine screenings and early detection. According to the American Cancer Society, if diagnosed early, the survival rate for patients with colorectal cancer is 90 percent. Because this form of cancer has little to no symptoms in the early stages, it is important for people to be screened. Canton-Potsdam Hospital Gastroenterologist Chinyere Nwosu, DO, noted the current guidelines recommend adults receive their first colonoscopy at age 45, or earlier if they have a family history of the disease.



March is

**COLORECTAL
CANCER**

AWARENESS MONTH

“While the majority of patients with early stage colorectal cancer won’t have any symptoms, anyone who has bloody stools/rectal bleeding, persistent abdominal pain, unexplained anemia, and persistent changes in bowel habits with unintentional weight loss, should contact their provider to schedule a colonoscopy. Some people think that since no polyps are found during their routine colonoscopies, they can stop having them.” Dr. Nwosu points out, however, that continuing to have regular screenings is vital. “The whole point of performing this screening test is to be able to prevent colon cancer through early detection. Routine colon cancer screening is recommended until the age of 75, regardless of the presence or absence of polyps.”

St. Lawrence Health System’s Gastroenterology Department is comprised of a team of seven providers, and colonoscopies are available at Canton-Potsdam Hospital, Gouverneur Hospital, and Massena Hospital. To learn more about colorectal cancer, or to schedule an appointment with a St. Lawrence Health System gastroenterologist, visit

<https://www.stlawrencehealthsystem.org/services/gastroenterology-and-hepatology>.

Keeping Your Heart Healthy



- There’s no time like the present to take an inventory of how well you are treating your heart, and if you have any risk factors of which you should be aware. Age, gender, diet, tobacco and alcohol use, obesity, high blood pressure, high cholesterol, and diabetes all determine whether you may develop heart disease. If you know which risks factors

affect you the most, you can determine where to start making healthy changes. “Recent prestigious medical studies indicate that there are seven lifestyle behaviors which prevent the majority of heart attacks, strokes, keeps cancers at bay, and in great part prevents premature death better than the medicines we use,” noted Canton-Potsdam Hospital Chair of Internal Medicine and Cardiologist Alexandru Stoian, MD, FACC, FCCP.

The seven lifestyle behaviors called “life’s simple seven” are stop smoking, eat better, reduce sugar, get active, control your blood pressure, and control your cholesterol. Preventative care goes a long way in helping keep your body and heart healthy. Regular check-ups with a primary care provider are truly important, and if you have personal or family heart risk factors, you may want to visit a cardiologist. Learn more about our cardiology team and services at <https://www.stlawrencehealthsystem.org/services/cardiology>.

Support From The Community



Ashley Hargrave started a new hobby when COVID-19 hit in March of 2020. She paints colorful 3 inch x 3 inch canvas paintings, and has donated 24 to give to pediatric patients who are admitted to Canton-Potsdam Hospital. Thank you Ashley for your kind donation.

The Mighty Pines 4-H Club donated 57 handmade teddy bears for patients in our Canton-Potsdam Hospital Pediatric Clinics. For over 20 years, the Club has made between 50-100 bears to donate to CPH to be given to children.



A very talented and caring donor crocheted a variety of stuffed animals for our youngest patients. We are so grateful for the generosity of our North Country community.

Upcoming Events

Canton-Potsdam Hospital is sponsoring a Blood Drive at the Potsdam Presbyterian Church on April 23, 2021 from 10:30am to 4:00pm.

Contact Us

If you have any questions, please reach out to Public Relations Assistant Chelsea Donovan at (315) 261-5431, or chelsea.donovan@massenahospital.org.