



March Is National Colorectal Cancer Awareness Month!

Among cancers that affect both men and women, colorectal cancer—cancer of the colon or rectum—is the second leading cause of cancer-related deaths in the United States. Colorectal cancer also is one of the most commonly diagnosed cancers in the United States. The risk of developing colorectal cancer increases with advancing age. More than 90% of cases occur in people aged 50 or older.

Colorectal cancer screening saves lives. However, many people who are at risk for the disease are not being screened according to national guidelines. It is estimated that as many as 60% of colorectal cancer deaths could be prevented if all men and women aged 50 years or older were screened routinely. In most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best. Talk to your doctor today. For a list of physicians, please see www.tcrh.org.

Source: www.cdc.gov



C.M. Mitchell

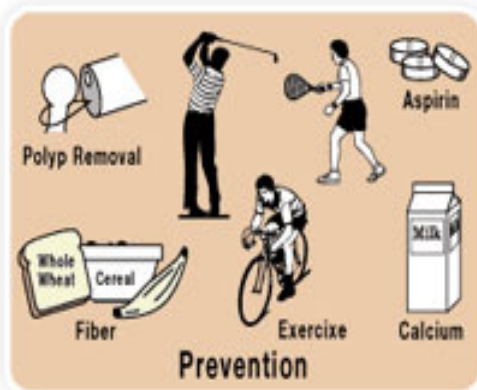
“Six years ago I saw my family doctor just for a routine check-up. It was past time for a screening colonoscopy. I had not had any symptoms so I had delayed getting this done. I scheduled the test. Much to my surprise I was diagnosed with colon cancer.

What followed was surgery and prophylactic chemotherapy. Lots of prayers were said for my recovery and this is what sustains you during these times. Because of God’s grace and excellent care at Twin County Regional Hospital, six years later I have no sign of colon cancer.

My advice is get the test and avoid an ordeal.”

~C.M. Mitchell, Mayor of Galax and
TCRH Director of Pharmacy

Colon Cancer Prevention



Most colon cancers begin as polyps (growths) within the colon. Prevention of colon cancer includes many things, such as eating a well balanced, high fiber diet, getting adequate exercise, and taking aspirin and calcium supplements IF your doctor recommends.

A diet high in fruits, vegetables and calcium and low in saturated fats and meats offer the best protection from colon cancer and many other kinds of cancer.

Heredity plays a role in colon cancer. Since your genes cannot be changed, if there is a family history of polyps or colon cancer, a colonoscopy should be performed to remove the polyps before they become malignant.

Source: www.gicare.com



Diabetes Alert Day, which is held every fourth Tuesday in March, is a one-day, “wake-up” call asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. To take the risk test, visit www.stopdiabetes.com.





Twin County Regional Healthcare welcomes Turkey Knob Church in Fries, VA, Cornerstone Community Church in Galax, VA, and Galax Presbyterian Church to our Faith Community Nursing program! Welcome!

TCRH Offers Incisionless Heartburn Surgery



Dr. Mark Mattson

Tens of millions of Americans suffer with daily heartburn or other symptoms of reflux such as regurgitation, chronic cough, hoarseness and dental erosions. Until recently these people faced either lifetime of daily medications, and often incomplete resolution of their symptoms, or the risks of invasive surgery. Now they have a better option. The new Transoral Incisionless Fundoplication procedure, or TIF, using

the innovative EsophyX® device is performed completely without incisions and is now available from Dr. Mark W. Mattson at Twin County Surgery of Twin County Regional Healthcare (TCRH) in Galax, Virginia.

Dr. Mattson is the first specialist in the Twin County area to be trained on the TIF procedure. "The TIF procedure can significantly improve quality of life for our patients." said Dr. Mattson. "Gastroesophageal Reflux Disease (GERD) is an anatomical problem which needs an anatomical solution. Reflux medication like PPIs (proton pump inhibitors) can help relieve patients' heartburn symptoms but don't solve the underlying anatomical problems or prevent further disease progression. Even on PPIs many patients are still unable to eat the foods they want or have to sleep sitting up to reduce nighttime reflux. In addition recent studies have shown that long term use of PPIs can lead to inadequate absorption of minerals such as calcium and can result in bone fractures. After the TIF procedure, clinical trials show that most patients can eat and drink foods they avoided for many years. Reflux no longer impacts their life like it previously did."

For more information or to schedule an appointment, please call Twin County Surgery at (276) 236-6906.

The Faith Community Nursing program was started in October of 2008 as an outreach of Twin County Regional Healthcare in Galax. The Faith Community Nurse program is just one way TCRH fulfills it's mission to promote, preserve and restore the health of our community.

For more information on Twin County Regional Healthcare or its services, please visit www.tcrh.org

Johnston Memorial Blood Drive

Wednesday, March 23rd

10am - 3pm

Bloodmobile located at back of hospital

For more information, please call

(276) 236-1690

Blood collected stays in Southwest Virginia



INTERNET SAFETY FOR YOUTH

Presented by: SA Shawn Rector, Virginia State Police High Technology Crimes Division

MARCH 2ND, 7PM AT CLIFFVIEW CHURCH OF GOD

MARCH 23RD, 7PM AT MT. VALE UMC

Youth groups are encouraged to attend. Please call the host church and let them know how many to expect. Information to include online predators, sexting, and other internet safety concerns.

An Irish Toast:

"May your glass be ever full.
May the roof over your head be always strong.
And may you be in heaven half an hour before the devil knows you're dead."



Save-A-Date !

17th Annual

TCRH Foundation Golf Classic

Wednesday, May 18, 2010

Blue Ridge Country Club

Galax, Virginia 24333

(276) 236-1654 or www.tcrh.org