

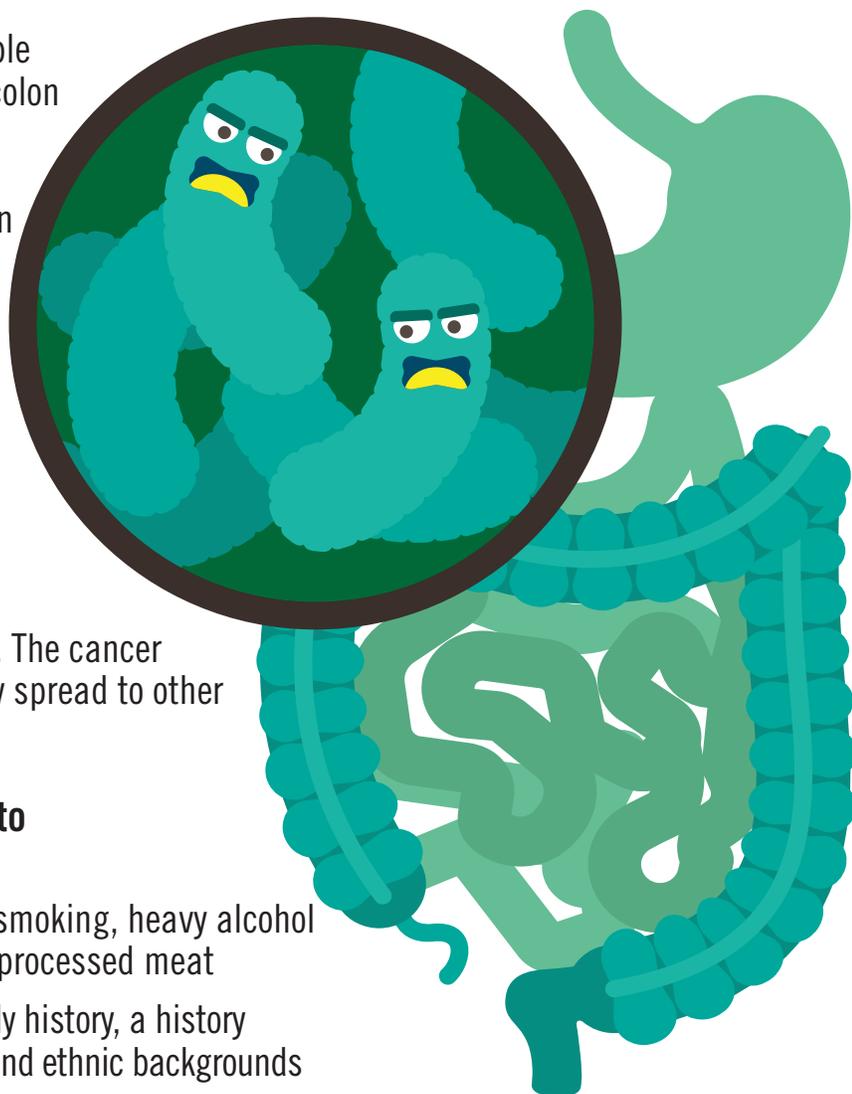
# Navigator

The Bazzeni Wellness Center Community Newsletter

March 2020

## What is Colorectal Cancer?

Colonoscopy – it's a procedure that many people dread and avoid. However, did you know that colon cancer is the third leading cause of cancer related deaths in adults in the US? It is estimated that 1 in 22 men and 1 in 24 women may develop some type of colon cancer in their lifetime. The good news? Colon cancer screenings are detecting colon cancer at a much higher and earlier rate than ever before. Because of this, the death rate for colorectal cancer has dropped year after year. Being educated is key!



### What is colorectal cancer?

- Cancer that develops in the colon or rectum. The cancer may stay in the colon or rectal area or possibly spread to other areas of the body if not treated.

### What are the risk factors that contribute to colorectal cancer?

- **Modifiable risk factors:** Obesity, inactivity, smoking, heavy alcohol consumption, and diets high in red meat and processed meat
- **Non-modifiable risk factors:** older age, family history, a history of inflammatory bowel disease, and certain racial and ethnic backgrounds

Continued on Page 3



# Fitness/Classes | Adults of all ages

## Fitness



### Colorectal Cancer Talk

Monday, March 2nd  
11:00AM-12:00PM

Please join us for an educational talk on Colorectal Cancer presented by Dr. Tawfik. Learn about prevention, symptoms and treatments. To register please call 888-478-6279.



### Senior Fitness

Monday, Wednesday & Friday  
9:30AM-10:30AM  
\$20 Blue Card Members  
\$18 Gold Card Members

This class is enjoyable and easy to follow. Exercises such as chair workouts, stretching & balancing, light & moderate movements all help increase strength and muscle tone. Sign-up today!  
To sign-up today call, 562-491-9811.

## Fitness

### Yoga

Every Tuesday  
1:30PM-2:30PM

Tami leads a one (1) hour gentle yoga class designed for everyone. Seated postures, forward folding, side bending, twists, as well as balance poses. A final guided relaxation ends the class-leaving students with a peaceful and calm state of being. Students should bring mat, blanket or beach towel and water. Please call to reserve your spot, 562-491-9811.



### T'ai Chi Chih

Tuesday, January 7th, 10:00AM-11:00AM  
Meets weekly on Tuesday for 10 weeks

The T'ai Chi Chih movemenets can bring tremendous benefits to those who practice regularly, and there is certainly a long list of benefits including Weight/Blood Pressure Regulation/Improved Balance/Coordination/ Improved Flexibility/Improved Concentration/Focus/Strengthened Immune System. To register call, 562-491-9811.

## Classes

### Fall Prevention/Safety

Learn more about our Fall Prevention programs. We offer fall risk assessments, evidence-based fall prevention workshops and more!  
For more information call, 562-491-9811.





## What is Colorectal Cancer con't.

### Can colorectal cancer be prevented?

- Colorectal cancer cannot be prevented, but early detection increases the chance of successful treatment. Changing your modifiable risk factors can help decrease your risk for developing colorectal cancer.

### What types of screenings are available for colorectal cancer?

- Colonoscopy, sigmoidoscopy, CT colonography, and stool-based tests. It's best to discuss which screening method is right for you with your healthcare practitioner.

### What are possible signs and symptoms of colorectal cancer?

- Oftentimes, there may be no noticeable symptoms. However, if there are it may be one or more of the following: changes in bowel movements that last for more than a few days; the sensation that you need to have a bowel movement that's not relieved by having one; bright red blood in the stool; dark or black stool; abdominal cramping or pain; fatigue and weakness; unintentional weight loss.

If you have concerns about colorectal cancer, make sure to discuss them with your healthcare practitioner at your next visit.

### Remember – early detection increases survival

Colorectal Cancer. (2018, February 21). Retrieved December 30, 2019, from American Cancer Society: <https://www.cancer.org/cancer/colon-rectal-cancer/about.html>



## Maternal Child Health



### Tours of Delivery Suites and Private Rooms

We invite expectant mothers and their companions to join us for a maternity tour of the hospital, including private patient rooms and labor and delivery suites. Tours are weekly in English and Spanish for more information call, 888-478-6279.

### Childbirth Classes

Welcoming a baby is an exciting time and there is a lot to learn and prepare for. That's why St. Mary offers childbirth preparation classes for you and your labor companion.

- Week 1 – Stages of Labor
- Week 2 – Breathing Techniques, Medications
- Week 3 – Labor & Delivery Process
- Week 4 – Breastfeeding Class

When: Tuesday evenings from 6:00 to 8:00 p.m.  
Who: For expectant mothers and their labor companion  
To register for classes, please call, 888-478-6279.



**Dignity Health®**

**St. Mary Medical Center**

1050 Linden Avenue  
Long Beach, CA 90813

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March 2020

**Bazzeni Wellness Center**

1027 Linden Avenue, Long Beach  
Hours: Monday - Friday 9:00 a.m. - 4:30 p.m.  
Closed 12:00 p.m. - 1:00 p.m. daily  
Office Line: 562-491-9811

**STAFF**

Kit G. Katz  
*Community Health Director*

Damaris Pelayo  
*Community Health Manager*

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*VP Mission Integration*

**VOLUNTEERS**

Patrick Houston  
Florence St. Peter

If you would like to receive this newsletter directly at home, please contact the **Bazzeni Wellness Center at 562.491.9811.**

Si le gustaria recibir este foyeto en español porfavor llame al 562.491.9187.

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## Newsletter Notice!

Beginning March 2020 through August 2020 there will be slight changes to the Bazzeni Wellness Center programming. Damaris Pelayo, Community Health Manager, will be on medical leave, therefore the programming will be lighter than usual. You will continue to receive our monthly newsletter with informational health articles along with details on the ongoing programs.

The lectures and events will resume in September 2020.

Thank you.