

[View this email in your browser](#)



Nuestras Voces (Our Voices) Network

nuestrasvoces.org

Nuestras Voces Network Colorectal Cancer Infographic

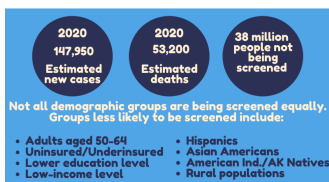


MARCH IS COLORECTAL CANCER AWARENESS MONTH

Did you know that **1 in 3** adults
50-75 is not getting colorectal
cancer screening as
recommended?



Colorectal cancer screening can prevent cancer
through detection and removal of precancerous
growths, and can detect the disease at an early
stage when treatment is more successful.



Reduce your risk of colorectal cancer



Get screened



Avoid alcohol



Maintain a healthy weight



Eat a healthy diet



Exercise regularly



Do not smoke

Don't wait:
Start
regular
screenings
at age 50.

Find out if
you're at higher
risk because of
family history or
other reasons.

Learn about
the six
different
screening
test options.

Learn more about colorectal cancer:
<https://www.cdc.gov/cancer/colorectal/index.htm>



Download CDC's Screen for Life:
National Colorectal Cancer Action
Campaign Fact Sheets at:
<https://bit.ly/2U4Wx5k>

Sources: NCI, CDC

National Alliance for Hispanic Health | Nuestras Voces (Our Voices) Network



MARZO ES EL MES DE CONCIENTIZACIÓN SOBRE EL CÁNCER COLORRECTAL

¿Sabía usted que **1 en 3** adultos de
50-75 años, no está recibiendo las
pruebas de detección de cáncer
colorrectal recomendadas?



Las pruebas de detección de cáncer colorrectal pueden
prevenirlo, ya que detectan pólipos o crecimientos que
pueden volverse cancerosos. Estas pruebas
diagnostican la enfermedad en etapas tempranas
cuando el tratamiento es más efectivo.



Reduzca su riesgo de cáncer colorrectal



Hágase la prueba



Evite el alcohol



Mantenga un peso saludable



Como saludable



Haga ejercicio



No fume

No espere:
empiece con
las pruebas
de detección
a los 50 años.

Infórmese si
tiene mayor
riesgo por su
historia familiar
u otras razones.

Aprenda
sobre las 6
opciones de
pruebas de
detección.

Para saber más sobre el cáncer colorrectal visite:
<https://www.cdc.gov/spanish/cancer/colorectal/>



Descargue los folletos de la Campaña
Nacional de Acción contra el Cáncer
Colorrectal de CDC Screen for Life en:
<https://bit.ly/2Wo5g5w>

Fuentes: NCI, CDC

National Alliance for Hispanic Health | Nuestras Voces (Our Voices) Network

News

Smoking Cessation: A Report of the Surgeon General



The 2020 Smoking Cessation: A Report of the Surgeon General is

the first Surgeon General's report since 1990 to focus solely on smoking cessation. The report highlights what we currently know about the health benefits of cessation and proven interventions to help people quit smoking, including an examination of clinical treatments and tools,

Colorectal Cancer Screening Saves Lives

Nuestras Voces (Our Voices) Network developed this bilingual infographic to raise awareness about the

importance of screening and to provide information about the [Screen for Life National Colorectal Cancer Action Campaign](#). The purpose of the campaign is to inform men and women who are 50 years old or older about the importance of getting screened for colorectal cancer regularly. **Screen for Life provides bilingual fact sheets, brochures, posters, and reminder postcards** for the general public, health care providers, campaign partners, and health organizations. To download a copy of the infographic click [HERE](#).

Tips from Former Smokers® Campaign 2020



The [Tips from Former Smokers Campaign](#) has been launched on national network and cable television, streaming radio, and online. These new ads raise awareness about heart disease, cancer, chronic obstructive pulmonary disease (COPD) and Buerger's disease. The 2020 ads also feature people who are caregivers for a loved one living with a smoking-related disease. **Tips Campaign resources are also available in Spanish.** Click [HERE](#) for more information.

Cancer Statistics

such as counseling and medications, as well as population-based strategies proven to increase smoking cessation. **Key materials that are also available in Spanish include the report's executive summary, key findings, and the consumer guide.** To download the full report and accompanying materials click [HERE](#).

Disparities in Smoking Cessation Among Hispanic Adults

New research shows that in 2015, Hispanic adults who tried to quit smoking were half as likely as white adults to use smoking cessation treatments. Using self-reported data from the National Health Interview Survey, researchers compared trends in quit attempts, receipt of advice to quit from a health professional, and use of



The American Cancer Society's regularly updated Facts & Figures publications present the most current trends in cancer occurrence and survival, as well as information on symptoms, prevention, early detection and treatment. Newly released publications include:

- [Cancer Facts & Figures 2020](#)
- [Colorectal Cancer Facts & Figures 2020-2022](#)
- [Cancer Facts & Figures for Hispanics/Latinos 2018-2020](#)

cessation treatment (counseling and/or medication) among Hispanic and non-Hispanic white adult smokers. According to the report, Hispanic smokers were less likely than white smokers to receive advice to quit smoking when visiting a health care provider and were also less likely to use proven cessation treatments. Culturally competent educational initiatives directed at both providers and Hispanic communities could help eliminate this marked and persistent disparity. To read the full report click [HERE](#).

Nuestras Voces Membersip

Become a member

www.nuestrasvoces.org/join.html

Nuestras Voces (Our Voices) Network
nuestrasvoces.org

Our mailing address is:
National Alliance for Hispanic Health
1501 16th Street NW
Washington, DC 20036

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).