

# The DPH Bulletin

From the Delaware Division of Public Health

February 2019

## Men and women: prevent colorectal cancer by getting a colonoscopy

During Colorectal Cancer Awareness Month in March, the Division of Public Health (DPH) reminds men and women to get a colonoscopy, a screening that painlessly finds polyps that can lead to colorectal cancer.



Men and women age 50 and older should get a colonoscopy once every 10 years.

Health care providers may recommend more frequent colonoscopies, at a younger age, for those with a personal or family history of colorectal cancer, colon cancer, colorectal adenomatous polyps, inflammatory bowel disease (IBD), ulcerative colitis, or Crohn's disease. The Delaware Cancer Consortium names colorectal cancer as the third most commonly diagnosed cancer in men and women, and the third most common cause of cancer death in Delaware and the U.S.

Hospitals statewide have nurse navigators who can schedule cancer screenings and provide follow-up help for any Delawarean, including those without health insurance. To connect with a nurse navigator, visit [HealthyDelaware.org/](http://HealthyDelaware.org/) to complete the online form or call any of these hospitals:

- Bayhealth Medical Center, 302-566-1202
- Beebe Healthcare, 302-297-8342
- Christiana Care Health System, 302-261-8719
- Nanticoke Health Services, 302-604-5243, ext. 3765
- Saint Francis Hospital, 302-504-6732

Prevent colon cancer by avoiding or limiting red and processed meats, keeping a healthy weight, not smoking, and limiting or avoiding heavy alcohol consumption. Individuals have a greater risk of being diagnosed with colon cancer at a younger age if they have a close relative who was diagnosed with colon cancer, if they have IBD or diabetes, are African American, or are 20 pounds or more overweight.

## Free naloxone kits available at DPH distribution events in March

In an ongoing effort to prevent losing lives to overdoses, DPH will distribute free naloxone kits at three events in March.

The first Community Naloxone Distribution Initiative event will be Saturday, March 2 from 8:00 a.m. to 11:00 a.m. at St. Peter's Church, located at 515 Harmony St. in New Castle, Delaware. It is being held at the same time as the atTAcK 5K Run/Walk.

Each kit will contain two doses of naloxone, and those who attend these events will receive one-on-one training on how to administer the overdose-reversing medication. The goal is to equip family and friends of those struggling with substance use, with the medication in the event of an overdose.

Naloxone distribution events are planned for Kent and Sussex counties. Information will be posted to [www.helpisherede.com](http://www.helpisherede.com) as details become available.

## Vehicles need a preparedness kit

Having a preparedness kit in each vehicle might keep you safe – and alive – if your vehicle becomes stuck in a snowdrift or in a lengthy traffic jam. These items are recommended:

- cell phone charger
- jumper cables and a spare tire
- ice scraper, snow brush, and snow shovel
- a white cloth and flares or roadside reflectors
- a bag of sand or kitty litter and a tow rope
- flashlight with working (and extra) batteries
- extra set of winter clothes, hat, and gloves
- Survival blanket or sleeping bag
- bottled water and non-perishable snacks such as dried fruit and protein bars.
- first aid kit and essential medications



Keep gas tanks at least half full. Have a mechanic check antifreeze levels, the battery and ignition system, oil, tires, brakes, windshield wipers and fluid, lights (including hazard

lights); and the heater, defroster, and thermostat. It is also important to check for leaks in the exhaust system because carbon monoxide is deadly. For more information, visit [PrepareDE.org](http://PrepareDE.org).



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