

FORGING THE FUTURE:



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Friday FACTS

24 March 2000

"Leadership, Partnership, and Championship"



March is National
Colorectal Cancer
Awareness Month

Colon cancer: Do you think you're immune from it? Colorectal cancer is the third most common cancer in the U.S., according to the American Cancer Society, and the second-leading cause of cancer deaths. But the rates of colon cancer have declined since 1992 -- perhaps due to more people getting screened and having colon polyps removed. Early detection is the key to survival. Who needs to get screened? Are you one of those in danger?

In an effort to increase the public's awareness of the second leading cause of cancer death among men and women, the US Senate passed a resolution making March National Colorectal Cancer Awareness Month. The Colon Cancer Alliance is one of 34 national organizations coming together to help make March 2000 a success. Visit the official National Colorectal Cancer Awareness Partnership website <http://www.preventcancer.org/colorectal.htm>. You can read the White House Proclamation at <http://www.ccalliance.org/march2000/>

SHARP Announces New Course:

"Fundamentals of HIV/STD Prevention Counseling"

This 2-day course, developed by the Centers for Disease Control and Prevention, introduces students to basic counseling skills within the context of HIV and STDs. It covers a six-step approach to counseling, which includes identification of personal risk, safer goal behaviors, and a risk reduction plan. Role-play exercises are based on sexually transmitted disease and HIV. This course does **not** include an "HIV/AIDS/STD 101" component. The target audience includes PMTs, physicians, nurses, Counselors and, public health educators tasked to counsel individual Sailors and Marines regarding behavioral risk reduction. Application has been made for Continuing Education Credit for nurses, physicians, social workers, and health educators. See SHARP News Vol 2 No 4 (Mar 00) at <http://www-nehc.med.navy.mil/hp/sharp/shrpnws> for more information.

NEHC HP Staffing changes:

" Without change there can be no breakthroughs. Without breakthroughs there can be no future." After 9 years in the Health Promotion Directorate, **Becky Washburn** will be moving on as a health educator to the Preventive Medicine Directorate. Thank you Becky for touching so many people through the years. Best of luck to you! Until we replace Becky POC for the HPD course is Sally Vicker, who can be reached at vickersst@nehc.med.navy.mil or 757-4625571. **Patrice Wiggan**, our lead Office Manager will be staying with us, but moving up as our Webmaster/Data Analyst.

The January 2000 Issue of Health Psychology, volume 19, number 1, Supplement has a number of articles on behavior change including-smoking cessation, weight loss, physical activity, dietary change.

"Live as if your were to die tomorrow.
Learn as if you were to live forever."
-Gandhi