



"Providing unsurpassed healthcare with a personal touch"

1-866-540-1LHS (1-866-540-1547)



Welcome to Lucky March!

Greetings!

Spring is on it's way, and we want to celebrate with good health and disease prevention throughout 2010. March is National Colorectal Cancer Awareness Month, and National Kidney Month just to name a couple of health related observances. Let's stay educated and healthy this year!

Kevin Zepp, President
Liberty Healthcare Services



March is National Colorectal Cancer Awareness Month

Colorectal cancer is cancer of the colon or rectum. It is equally common in men and women. An estimated 146,970 people were diagnosed in 2009, and an estimated 49,920 people will die from the disease. With recommended screening, this cancer can be prevented (by removing polyps before they become cancerous) or detected early, when it can be more easily and successfully treated.

At Risk

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March Resources

[National Prevent Cancer Foundation](#)

[National Kidney Foundation](#)

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- Men and women age 50 and older
- People who use tobacco, are obese or are sedentary
- People with a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- People with a personal or family history of inflammatory bowel disease, such as long standing ulcerative colitis or Crohn's disease
- People with a family history of inherited colorectal cancer



Risk Reduction

- Be physically active and exercise regularly.
- Maintain a healthy weight.
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains.
- Consume calcium-rich foods like low-fat or skim milk.
- Limit red meat consumption and avoid processed meats.
- Don't smoke.
- Don't drink alcohol excessively.

[Read More.....](#)

March is National Kidney Month- Get a KEEP Screening!

Kidney Early Evaluation Program

26 million American adults have Chronic Kidney Disease (CKD), and millions more are at risk. Most people are not

aware that they have CKD or are at risk.



The National Kidney Foundation's Kidney Early Evaluation Program (KEEP®) offers free screening for those at risk - anyone 18 years and older with high blood pressure, diabetes or a family history of kidney disease. It is designed to raise awareness about kidney disease among high risk individuals and provide free testing and educational information, so that kidney disease and its complications can be prevented or delayed.

Keep Screening

KEEP provides three simple tests that determine kidney function to nearly 2,500 people each month in dozens of cities across the U.S. Participants receive a comprehensive health risk appraisal, blood pressure measurement, blood and urine testing and the opportunity to discuss their health and review results with onsite clinicians.

The program, which recently screened its 130,000th participant, is finding kidney disease at the earliest stage possible.

[Find a KEEP Location Near You.](#)

About Us

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