



COLON CANCER:

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WHAT YOU NEED TO KNOW

Colon cancer is the second leading cause of cancer-related deaths in this country. Indeed, in 2006 alone, 57,000 people died from the disease while 140,000 people were newly diagnosed. Tragically, many of these deaths and diagnoses could have been prevented through early screening and other preventive measures.

“Early detection is mandatory in preventing deaths from colon cancer,” stressed **Anil K. Rustgi, MD**, chief of Gastroenterology and a nationally recognized expert in many aspects of GI cancers. “Five-year survival in stage I of the disease is over 90 percent. It is less than 10 percent for stage IV of the disease.”

RISK FACTORS

Several risk factors may increase a person’s likelihood to develop colon cancer. For example, if you have a personal history of chronic inflammatory bowel disease (including ulcerative colitis and Crohn’s disease), of colorectal polyps, or of colorectal cancer — or a family history of the disease — your risk is higher.

Age and race have an impact as well. According to Rustgi, more than 90 percent of colon cancer cases occur in people 50 or older. And African-Americans are diagnosed with — and die from — colon cancer at higher rates than any other U.S. racial or ethnic group.

While race, age, or family history can’t be changed, other potential risk factors are very much under a person’s control. A diet high in fat — especially from animal sources — and an inactive lifestyle can increase your chances of developing colon cancer, as can obesity. Lower these risks by:

- **Cutting down on fatty foods.**
- **Eating plenty of fruit, vegetables, and whole grain foods.**
- **Exercising at least five days a week.**

Smoking and excessive alcohol intake may also play a role in colon cancer development.

EARLY SCREENING IS ESSENTIAL!

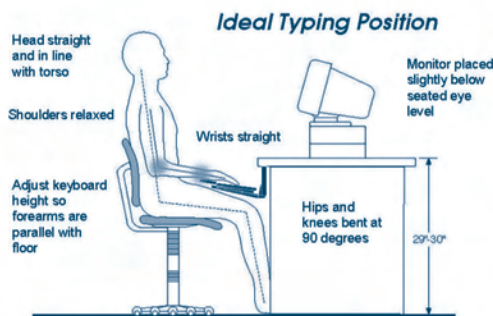
Because colon cancer is so treatable in the early stages, early detection screening is crucial. Today’s screening options for detecting colon cancer include a fecal occult blood test (hidden blood in the stool), a sigmoidoscopy (a lighted tube through which about half of the colon is examined), and a barium enema (which allows x-rays of the colon). But the one method which remains head and shoulders above the rest is the colonoscopy, which allows the doctor to see the entire colon.

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HUP SAFETY LINE

Are you physically tired at the end of the work day? Does your back hurt? It may be work-related. Awkward postures and forceful exertions can lead to these types of injuries, but they can be prevented! For example, learning how to lift and move correctly can help avoid injuries from pushing and pulling. And sitting



in the ideal ergonomic typing position at your workstation (as shown left) will help minimize every day aches and pains.

Learn more about preventing work-related injuries by visiting the UPHS Safety Management website at <http://uphsxnet.uphs.upenn.edu/safety>. Go to 'Injury Prevention' and click on "Ergonomic Links" and access the Ergonomic E tools.

If you have specific questions about workspace design and ergonomics, contact **Alexandra Rella**, UPHS injury prevention specialist, at 215-362-8809.

Recognizing Our Dietitians



This past Monday was Registered Dietitian's Day, a time to recognize HUP's registered dietitians for their commitment to using science-based nutrition to optimize patient care. On behalf of everyone who strives for excellence in clinical care, we thank you all for your hard work and dedication to patient care!

Get That DEGREE!

Are you thinking about going back to school to obtain a degree? If so, UPHS can help! The Community College of Philadelphia will be offering evening courses on site, including English, biology, nutrition, math, philosophy, and computers. The 13-week courses, which will be held at 3930 Chestnut Street, start the week of May 12. Registration and information sessions about these summer courses will take place on:

- **Monday, March 17, from 4:00 to 5:30 pm, at the HUP cafeteria.**
- **Tuesday, March 18, from 4:00 to 5:30 pm, at the PAH cafeteria**

In addition, English and math placement tests will be held on Tuesday, March 25, at Pennsylvania Hospital and on Thursday, March 27, at 3930 Chestnut Street. The tests will

run from 5:15 to 8:15 pm. To RSVP for the placement test, e-mail Suzanne Felix at sfelix@ccp.edu or call 215-496-6173. Please provide your name, Social Security Number, e-mail address, and phone number, and identify yourself as a UPHS employee.

If you've never taken courses at CCP, you must complete an application. For more information about the test, go to www.ccp.edu, and click on 'Prospective Students,' then 'Placement Testing,' and last, 'Test Description.'

PLANNED REPAIRS AT UNIVERSITY AVENUE

This past Monday, the Pennsylvania Department of Transportation (PennDOT) initiated a 19-month project to rehabilitate two bridges in the University Avenue and Grey's Ferry Avenue section of I-76 (Schuylkill Expressway). The project will be completed in October 2009.

Expect delays both east-bound and west-bound on I-76, approaching and through the construction area. While lane closures are only scheduled for overnight hours and weekends, work will continue during the day, Monday through Friday, with two available travel lanes in each direction. These lanes will be realigned and reduced in width, though, creating traffic delays in and around the construction area.

Staff should allow sufficient travel time when reporting to work to counter any delays that may be experienced. Also, please alert patients and visitors to the ongoing construction. Anyone coming to HUP from New Jersey should consider using the Betsy Ross or Ben Franklin Bridges as an alternative to the Walt Whitman or Commodore Barry Bridges. As always, use public transportation systems wherever and whenever possible.

A Traffic Alerts page has been developed at <http://pennhealth.com/alerts.html>. Information, including construction updates and traffic cameras, can also be found on www.dot.state.pa.us. Click on "PennDOT Near You," then "Region 6" on the state map and finally "Philadelphia County."

GO

A Whole L



Take A Walk for Health!

If you find it hard to fit a workout into your schedule — or if running is not your 'thing' — Walk To Be Fit is for you. Joining this new walking program, which is for UPHS employees and their families, will introduce you to the benefits of daily exercise and qualify you to win fitness-related prizes! Join the UPHS Benefits team at one of the kick-off events listed below to learn more:

Wednesday, March 19, from 11 am to 2 pm, in the HUP cafeteria.

Thursday, March 20, from 11 am to 2 pm, at Penn Medicine at Radnor

Tuesday, March 25, from 11 am to 2 pm, in the 3101 Market Street Kahunatorium.

Wednesday, March 26, from 2 to 4 pm, at Home Care and Hospice in Bala Cynwyd

Friday, March 28, from 11 am to 2 pm, at 3930 Chestnut Street.

Registration for *Walk to Be Fit* begins Tuesday, April 1, and runs through Monday, June 30. The program itself starts Tuesday, July 1. For more information, call Corporate Benefits at 615-2277 or your local HR office.

SPELRAMA

ot of Clapping
and Singing!

Last month, Medical Alumni Hall was filled with joyous music — and a whole lot of clapping and singing — courtesy of HUP's 13th annual Gospelrama. The show, which has evolved from a small group getting together to sing in HUP's chapel into a true celebration, was a fitting end to Black History Month.

"Tonight, we are celebrating the contributions African Americans made in the building of this country. One unique gift is the songs, especially the spirituals," said **Al Black**, HUP's chief operating officer. "Always remember your history and the contributions others have made."

Madeline Dawson, MHS, of Patient Facilitated Services, did a great job of introducing the many talented employees — and, in some cases, their family members — who performed as well as the special guest speaker, State Representative The Honorable Reverend Louise Williams Bishop.

Many thanks to members of Pastoral Care and the Black History Planning Committee for all their hard work. And a special thanks to Morrison's, which provided the delicious after-show meal.

Bryant Paden
of Transport

Kevin Savage
of Transport

Anthony Cothran of Transport

Johnnie Dawon (r.) of OB/G
sings with Theresa Lyons (l.)
and Raina Arkuwoille

Summer Opportunities for High School Students

Is your high school student looking for something to do this summer? Check the list below that Organizational Development and Competency Systems developed as a service to UPHS families.

- Volunteer opportunities at Pennsylvania Hospital and HUP: Students of staff families have the opportunity to volunteer during the summer and school year. Interested students and families should contact Volunteer Services at those hospitals for more information and an application or go online to:

PAH: <http://pennhealth.com/pahosp/volunteer/summer.html>

UPHS: http://pennhealth.com/hup/vi_files/volunteer/teen.html

- Pennsylvania Free Enterprise Week: Participants not only learn to appreciate our free enterprise system, but they also see from a practitioner's perspective what it takes to be successful in an increasingly competitive global marketplace. For more information, go online to: www.pfew.org.

Application deadline: Rolling; spaces fill up quickly

- Summer Fellowship Program in Biomedical Research at Penn's Wistar Institute: For students enrolled in a School District of Philadelphia high school, this program provides an opportunity for students to enhance their understanding of current biological/biomedical

theory and research tools and techniques. Under the direction of the laboratory head, the student works on a unique research project related to the research goals of that particular laboratory.

For more information, go to:
http://www.wistar.org/education_training/high_school.html#2

Application deadline: March 28

- New Jersey Governor's Schools of Excellence. Funding has been cut and programs restricted. Best to check the website for more information. <http://www.nj.gov/govschool/>
- Additional summer programs: This website lists a number of different co-op and internship programs for high school students. The programs are located all over the United States. For more information, go to: <http://people.rit.edu/%7Egtsbi/Symp/highschool.htm#start>

date

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GET THE FACTS!

Don't let these myths keep you from learning the facts about colon cancer ...and possibly saving your life!

Myth: Only men get colon cancer.
Colon cancer is just as common among women as men.

Myth: If I don't have symptoms, I don't have colon cancer.
More than half of people diagnosed with colon cancer have no symptoms. And half of people diagnosed after symptoms develop will die from colon cancer.

Myth: Everyone should have a colonoscopy.
Colonoscopy screening is recommended beginning at age 50 and then every 10 years, unless other risk factors exist.

Myth: A diagnosis of colon cancer means I'm going to die.
Colon cancer is often highly treatable. If found and treated early, the 5-year survival rate is 90 percent. Unfortunately, because many people are not getting tested, fewer than half of all cases are diagnosed at this early stage.

Myth: Colon cancer cannot be prevented.
Colon cancer almost always starts with a small growth called a polyp. If the polyp is found early, doctors can remove it and stop colon cancer before it starts.

A colonoscopy uses a slender, flexible, lighted tube about the thickness of a finger. It has a tiny video camera which sends pictures to a TV screen. The exam itself takes 15 to 30 minutes and is not painful. Patients are usually given medicine to help them relax, which often puts them to sleep during the procedure.

"It's more thorough than the others, more comprehensive, and provides the best visualization," Rustgi said. Even more important, the colonoscopy allows the doctor to remove all polyps, some of which might be lead to cancer. "This is why early detection is so important."

According to Rustgi, ongoing research studies at Penn are focusing on many areas of colon cancer, including understanding how key pathways are involved in the development of colon cancer, by using cell culture and animal models; investigating new imaging strategies; and identifying novel diagnostic markers and therapeutics.

Penn researchers are also studying effective prevention and screening strategies, but for now, colonoscopy remains the preferred approach.

Bottom line: If you're over 50 – or possibly at high risk for developing colon cancer – talk to your doctor about getting a baseline colonoscopy.

"If more people got this screening, the impact on the disease's mortality rate would be significant."

Study Seeking Volunteers

If you have a history of colon or rectal polyps and are scheduled for a colonoscopy at Penn, you may be eligible to participate in a research study to evaluate the effects on the large intestine of consuming a common spice. Participants must also be over 18 and not have a history of colon cancer. Upon completion of the study, participants will receive \$400. For more information, call 215-573-4739