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## Colon Cancer Awareness Month

March is the Colorectal Cancer Awareness Month, when awareness is raised about the importance of screening and to support those touched by the disease. "This March, we want to make you aware that colorectal cancer can touch you just as easily as it did me, silently and with hardly any symptoms. It is one disease that does not discriminate and can touch anyone," said Barry D. Stein, president of the Colorectal Cancer Association of Canada ("CCAC").

Because colon and rectal cancers arise from the same type of cell and have many similarities, they are often referred to collectively as "colorectal cancer". The cells lining the colon or rectum can sometimes become abnormal and divide rapidly. These cells can form benign (non-cancerous) tumours or growths called polyps. Although not all polyps will develop into colorectal cancer, colorectal cancer almost always develops from a polyp. Over a period of many years, a polyp's cells may undergo a series of DNA changes that cause them to become malignant (cancerous). At first, these cancer cells are contained on the surface of a polyp, but can grow into the wall of the colon or rectum where they can gain access to blood and lymph vessels. Once this happens, the cancer can spread to lymph nodes and other organs, such as the liver or lungs, a process is called metastasis, and tumours found in distant organs are called metastases. It is a cancer that presents no signs and symptoms early on, and can grow undetected long before a it is noticed. And when symptoms do occur – diarrhea, vomiting, weakness, unexplained weight loss, bloody stools – they are not much different from symptoms of other cancers: these symptoms are very vague and indicative of a vast number of other illnesses as well.

Colorectal cancer does not discriminate, and even the healthiest individual can develop the disease. There are several lifestyle factors which you can control to help prevent this ailment. There are steps that can be taken to prevent colorectal cancer including diet, not smoking, limiting alcohol intake, and taking nutritional supplements.

To see the sources for this information and to read more about Colorectal Cancer visit:

<http://www.colorectal-cancer.ca>

<http://www.coloncancercanada.ca>

**You can win the fight against colon cancer**

Anne Murray,  
Grammy Award Winner



For information visit [coloncancercanada.ca](http://coloncancercanada.ca)

**Colorectal Cancer Association of Canada**

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## Post Surgery & Day Surgery Support Now Available!

At Right at Home, we understand that undergoing any type of surgery can be a stressful time for yourself and your family. Whether you are booked for major surgery (e.g. hip or knee replacement, heart surgery) or same-day surgery (e.g. hernia repairs, colonoscopy, cataract removal) we are here to help.

We are available from **one hour to 24/7 full time care**, our client-centered support is based on your needs and schedule. All of our services are flexible in order to adjust as your mobility, ability to function and independence improves.



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## Understanding Arthritis and How to Treat It

Arthritis is more than the common aches and pains of getting older. For 175 million children and adults diagnosed with arthritis around the world, the musculoskeletal disease painfully affects the joints of the body. The leading cause of disability, arthritis stems from a number of risk factors, including a family history of arthritis, increased age, joint injury or overuse, and excess weight. Instead of being one universal joint pain and stiffness condition, there are more than 100 types of arthritis, including gout, lupus and psoriatic arthritis. Some types of arthritis even can affect internal organs and skin.

The two major types of arthritis are osteoarthritis, or degenerative joint disease, and the inflammatory rheumatoid arthritis. Osteoarthritis is a progressive condition that breaks down joint cartilage and is the most common type of arthritis. The World Health Organization estimates that almost 10 percent of men and 18 percent of women globally over age 60 face osteoarthritis symptoms. Plus, 80 percent of those with osteoarthritis experience limited movement and 25 percent cannot perform significant daily activities.

Osteoarthritis typically affects weight-bearing joints such as the spine, hips, knees and feet. Osteoarthritis in the hands is normally inherited, and shows initial onset most often in middle-aged women. As the cartilage of a joint wears down, the bones lose their cushioning and the joint becomes painful to move. With this deteriorating type of arthritis, bumps and spurs may develop on the ends of the bones and cause a knobby appearance at the joints.

Rheumatoid arthritis is an autoimmune disorder that inflames joints on both sides of the body, such as both hands, both wrists, and both knees. Joints and joint-lining tissue, called synovium, become irritated, resulting in the potential deterioration of the joint's cartilage. Symptoms of rheumatoid arthritis include joint pain, swelling, warmth, redness and stiffness. Other symptoms may include fatigue, loss of appetite, weight loss, fever and rash.

Because of the varying types of arthritis, it is very important to see a doctor to get a proper medical diagnosis for specific treatment options. For those living with arthritis, the following lifestyle remedies can be helpful:

- Keep a healthy body weight. Every 0.5 kilos of weight results in approximately 1.8 kilos of pressure on the knees. Taking extra weight off relieves joint pain and can limit future joint injury. Some seniors may need help with healthy meal planning and preparation.
- Develop a regular exercise routine. Swimming and water aerobics are two of the safest exercises for weight-bearing joints.
- Consult with a rheumatologist for an individualized treatment plan. Dozens of medications are now available to treat all forms of arthritis.
- Explore non-medicinal pain remedies. Consider pain-relief therapies such as herbal supplements, massage, and acupuncture and relaxation techniques.

Arthritis typically worsens with age, but with some adjustments in lifestyle and the ever-progressing treatments available, those with the joint disease can continue to experience a reduction in symptoms and an improved quality of life.

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## Recipes From Home

### Banana Bran Muffins

#### INGREDIENTS:

- 2 large eggs
- 2/3 cup packed light brown sugar
- 1 cup mashed ripe bananas, (2 medium)
- 1 cup buttermilk
- 1 cup unprocessed wheat bran
- 1/4 cup canola oil
- 1 teaspoon vanilla extract
- 1 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup chocolate chips, (optional)
- 1/3 cup chopped walnuts, (optional)

#### DIRECTIONS:

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
2. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in bananas, buttermilk, wheat bran, oil and vanilla.
3. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, cinnamon and salt in a large bowl. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Stir in chocolate chips, if using.
4. Scoop the batter into the prepared muffin cups (they'll be quite full). Sprinkle with walnuts, if using. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly before serving.



Source: [http://www.eatingwell.com/recipes/banana\\_bran\\_muffins.html](http://www.eatingwell.com/recipes/banana_bran_muffins.html)