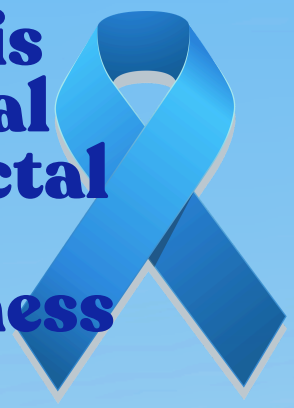
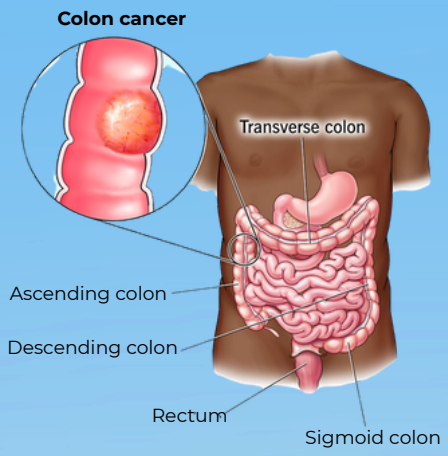
MARCH NEWSLETTER
MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR AND CEDAR GROVE

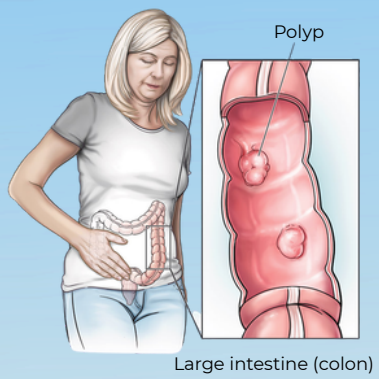
March is National Colorectal Cancer Awareness Month



Designed by Vanessa Dessources MPH, CPH, CHES



Colon (colorectal) cancer is cancer that starts in **polyps** on the **inner lining** of your colon and rectum. Colon cancer is a type of cancer that can affect your colon or your rectum in your large intestine.



The American Cancer Society's estimates for the number of colorectal cancers in the United States for 2026 are:

- **About 108,860 new cases of colon cancer (55,410 in men and 53,450 in women)**
- **About 49,990 new cases of rectal cancer (28,750 in men and 21,240 in women)**

Screening

The American Cancer Society recommends the following for people at average risk for colorectal cancer:

- Start regular screening at age 45 and screen until age 75.
- People ages 76 through 85 should talk to their doctor about whether to be screened based on their preferences, life expectancy, overall health, and screening history.
- People over age 85 should no longer get colorectal cancer screening.
- People at high risk of colorectal cancer based on family or personal history or other factors may need to start screening before age 45.

Sources: The Cleveland Clinic , The American Cancer Society

Symptoms

- Bleeding from your rectum or blood in your stool
- Change in your bowel habits or stool shape
- Stomach cramping or pain
- Not feeling hungry/loss of appetite
- Losing weight without trying
- Feeling the need to have a bowel movement that doesn't go away after you have one

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Public Health on Call

John Hopkins Bloomberg School of Public Health

765 - The Rise of Colorectal Cancers Among Younger People

Colorectal cancers are rising among people under age 50. There are a number of theories as to why and also promising data around early detection. In today's episode: A deep dive into the epidemiology of colorectal cancers including who is most at risk, a look at the screening tools currently available, and why blood tests may be even more valuable than costly and invasive colonoscopies.

Guest: Otis Brawley is a globally-recognized expert in cancer prevention and control whose work focuses on developing cancer screening strategies and ensuring their effectiveness. He is a Bloomberg Distinguished Professor and faculty at the Johns Hopkins Bloomberg School of Public Health in epidemiology with a joint appointment in oncology at Johns Hopkins Medicine. He was the former Chief Medical Officer of the American Cancer Society.

Real Talk MS

National MS Society and Jon Strum

Episode 435: Revisiting ECTRIMS 2025 with Dr. Bruce Bebo and Kristine Werner Ozug

This podcast episode revisits the most listened-to episode of RealTalk MS in 2025- a review of the largest MS research conference in the world, ECTRIMS. This episode features the annual conversation that I have with Dr. Bruce Bebo, right outside of the conference center, just minutes after ECTRIMS adjourns. Dr. Bebo is the Executive Vice President of Research at the National MS Society, and each year, he very generously closes out 3 days of nonstop meetings, presentations, and research reviews by sharing his initial thoughts on the announcements and presentations that caught his eye during the conference. When I produced this episode last September, I also wanted to capture a patient's perspective on what can easily become an overwhelming 3 days of presentations, news, and announcements. Kristine Werner Ozug, a member of the RealTalk MS team who lives with MS, joined me right after the conference to share her perspective on ECTRIMS 2025.

MULTIPLE SCLEROSIS (MS) AWARENESS MONTH

In the month of March, we raise awareness and educate the public on early diagnosis, reducing stigma, & creating conversation to support those living with the disease, and highlighting their experiences.

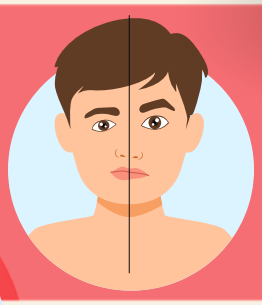
What is Multiple Sclerosis (MS)?

Multiple sclerosis (MS) is an autoimmune condition that affects your brain and spinal cord (central nervous system).

4 Early signs of MS:

These signs usually last over 24 hours, develop gradually, and worsen before improving:

Painful vision loss in one eye



Facial paralysis

Severe, ongoing dizziness

Persistent limb weakness or numbness

Designed by MPH Intern Yaire Hernandez

Source: Cleveland Clinic

SAVE PROGRAM CANCER SCREENINGS

MARCH 2026

CONTACT US

973-972-7007

973-986-7956 *(text us!)*

ma1907@njms.rutgers.edu

Tues, Mar 3
Mary Eliza Mahoney Health Center
394 University Avenue
Newark, NJ 07102
Breast Screening
9:00 AM – 2:00 PM

CareSparc community connections
Free Fresh Produce Market
FREE bags of fresh produce, food, refreshments, resources, fun raffles, giveaways, prizes, & more!

Wed, Mar 4
Mantena Global Care
294 Ferry Street
Newark, NJ 07105
Breast & Cervical Screening
9:00 AM – 3:00 PM

Fri, Mar 6
Irvington Senior Center
1077 Springfield Avenue
Irvington, NJ 07111
Breast & Cervical Screening
9:00 AM – 3:00 PM

Wed, Mar 11
UH Ambulatory Care Center
140 Bergen St, Newark, NJ 07103
Prostate & Colorectal Screening
8:30 AM – 12:00 PM

CareSparc community connections
Free Fresh Produce Market
FREE bags of fresh produce, food, refreshments, resources, fun raffles, giveaways, prizes, & more!

FREE PROSTATE SCREENING:
- Men ages 45-71
- Simple blood test only (PSA test)
- No undressing, No fasting

FREE COLORECTAL SCREENING:
- Men/Women ages 45-75
- Take home stool test (FIT KIT)
- Prepaid FREE mail return to SAVE

Thurs, Mar 12
Irvington Town Hall
1 Civic Square
Irvington, NJ 07111
Breast & Cervical Screening
9:00 AM – 3:00 PM

Fri, Mar 13
Mantena Global Care
294 Ferry Street
Newark, NJ 07105
Breast & Cervical Screening
9:00 AM – 3:00 PM

Sat, Mar 14
Let's Talk Women's Health & Wellness Event
NJPAC
1 Center St, Newark, NJ 07102
Breast Screening
9:00 AM – 3:00 PM

Mon, Mar 16
Rutgers-Newark Dept of Social Work
200 University Avenue
Newark, NJ 07102
Breast Screening
9:00 AM – 2:00 PM

Tues, Mar 17
Evening session
4:00 PM – 7:00 PM
UH Cancer Center
205 South Orange Avenue, Newark, NJ 07103
Breast Screening

Montclair's Community Health Assessment Survey EXTENDED Until Tuesday, March 31st, 2026!

WHERE TO FIND THE SURVEY:
The survey can be found by scanning the QR Code or clicking this link: https://tinyurl.com/49myhxua

WHY YOUR INPUT IS NEEDED?
Surveys enable us to gather data, allowing us to more effectively address the health needs and concerns within our community.

***FOR MONTCLAIR RESIDENTS ONLY**

If you have any inquiries or require additional information, please don't hesitate to contact Vanessa Dessources, MPH, CPH, CHES, CMR, via email at vdessources@montclairnjusa.org.

Scan the QR Code to access the Montclair Health Department Padlet that includes resources, flyers, calendars and upcoming wellness events in the community!

Follow us on Instagram!
@montclairhealthdept

MONTCLAIRHEALTHDEPT

Montclair Health Department Immunization Clinics

Montclair Mayors Wellness Campaign — Put your community in motion.

Public Health — Prevent. Promote. Protect. — Montclair Health & Human Services

Montclair Health Department offers immunization clinics on the **first and third Tuesdays** of every month.

To make an appointment, please call 973-509-4970 or email mginter@montclairnjusa.org.

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042