



## Colorectal Cancer Awareness and Wellness Event

### Where and When

*Aviva Health Main Roseburg Clinic*  
150 NE Kenneth Ford Dr.  
Tuesday, March 16, 2021  
10 a.m. to 3 p.m.

*Aviva Health Myrtle Creek Clinic*  
790 S. Main St.  
Thursday, March 18, 2021  
Noon to 4 p.m.



### About the Event

March is National Colorectal Cancer Awareness Month. In recognition, Aviva Health is presenting two Colorectal Cancer Awareness and Wellness Events, one at its Roseburg Clinic and one at its Myrtle Creek location. Attendees will learn about the importance of colorectal cancer screenings, proper nutrition, tobacco cessation and the impact other social factors have on colon and overall health.

Visitors are also invited to take a walk through the Strollin' Colon, a giant inflatable colon that shows the inner workings of this important organ. The display offers attendees the opportunity to see up close and even touch malignant tumors, diseased colon tissue, polyps, healthy colon tissue, and more.

### Featured Booths

In addition to the inflatable main attraction, event attendees will visit four booths to learn more about key health factors that contribute to colon health.

**Quality Booth:** Colorectal cancer is the third most common type of cancer among men and women in the United States. Risk factors include lifestyle choices, age, and personal and family health history. Early detection is key to prevention and early diagnosis. Aviva Health will hand out do-at-home stool test kits to screen for colon cancer with no medical appointment needed. If you are an Aviva Health patient, are 50 years of age or older, and have not been screened for colorectal cancer (colonoscopy in the last 10 years, sigmoidoscopy in the last five years, or, stool test in the last 12 months), you may be due for this potentially lifesaving preventative service.

**Tobacco Cessation Booth:** Want to quit tobacco but don't know where to start? Stop by Aviva Health's tobacco cessation booth for information about the American Lung Association's interactive Freedom From Smoking Plus Program and a chance to win a prize! Set a quit date, build a quit plan, track your progress and chat with other quitters online. A \$99.99 value, this interactive online program is now free for a limited time while supplies last. Email Cindy Noroña, [cnorona@aviva.health](mailto:cnorona@aviva.health) for information and access to the program, or go to <https://www.freedomfromsmoking.org/>

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### Aviva Health

Phone: (541) 672-9596

Facebook: [www.facebook.com/avivahealthor](https://www.facebook.com/avivahealthor)

Web: [www.aviva.health](http://www.aviva.health)

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## Featured Booths *(continued)*

**Social Determinants of Health Booth:** The conditions we are born into, how we live, work and age are just a few factors that can have a strong influence on our overall health. In health care these are called Social Determinants of Health. We invite you to learn how Aviva Health is working to address conditions such as housing, food insecurity, and transportation to meet the needs of our patients both in and outside of our clinic.

**Nutrition Booth:** The foods we eat play an important role in achieving and maintaining optimal colon health. Are you interested in increasing your nutritional knowledge and skills so you can make food choices that will benefit your overall health and wellbeing? Meet your Aviva Health Registered Dietitian Nutritionists to learn about foods to increase in your diet and new foods to add to your diet to help reduce the risk of colorectal cancer and diverticular conditions. You can ask nutrition-related questions and enter a raffle for a chance to win a new kitchen gadget or a locally sourced goodie basket!



## About Aviva Health

Founded in 1992, Aviva Health is an independent, board-governed, not-for-profit organization that cares for the people of Douglas County by providing high-quality, patient-centered, accessible and affordable medical, dental and behavioral health care, regardless of their ability to pay.

### ***Medical***

- General and preventive health care
- Chronic disease management
- Pediatrics and sports physicals
- Immunizations
- Specialist referrals
- Health education
- Family planning and reproductive health
- STD checks and treatment
- DOT physicals

### ***Dental***

- Full exams and X-rays
- Cleanings
- Fillings and extractions
- Crowns and bridges
- Partials and dentures
- Whitening
- Sealants

### ***Behavioral Health***

- Evaluation and medication management
- Anxiety, depression, bipolar disorder treatment
- Stress-related health problems
- Counseling services
- Behavioral health coaching
- Substance abuse services

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