

# Coordinated Student Health Services Newsletter

“Children need to learn to be healthy and be healthy to learn”

## National Health Observances for April:

- Autism Awareness Month
- Colorectal Cancer Awareness Month



### Colorectal Cancer

Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States. A person's risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and over. Some common symptoms include: blood in the stool, stomach pains that don't go away and unexplained weight loss.

#### Tips for decreasing your risk for Colorectal Cancer:

- Keep physically active
- Maintain a healthy weight
- Decrease alcohol consumption
- Do not smoke
- Talk to your healthcare provider about your risk factors
- Colorectal cancer is highly preventable. It is vital to be screened beginning at 50 or younger if you have risk factors.

### Autism

**Autism Spectrum Disorder (ASD) is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others.**

**Some Characteristics of Autism Spectrum Disorder (ASD) are:**

- \* Lack or delay in spoken language
- \* Repetitive use of language or mannerisms
- \* Little or no eye contact
- \* Lack of interest in peer relationships
- \* Lack of spontaneous or make-believe play
- \* Persistent fixation on one part of an object

**There is currently no cure for ASD. However, research shows that early intervention and therapy services can greatly improve a child's development.**

### For additional information:

Colorectal cancer:

<https://www.cdc.gov/vitalsigns/CancerScreening/ColorectalCancer/index.html>

<https://www.cdc.gov/cancer/crccp/>

Autism:

[www.cdc.gov/ncbddd/autism/facts.html](http://www.cdc.gov/ncbddd/autism/facts.html)

<https://www.autismspeaks.org/>



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