

TADISO TIMES

ISSUE 245

March 2023

IMPORTANT NEWS

If you do not get your services in during the week, You will be stopped on SATURDAY for group sessions. If you have better things to do on Saturday, complete all scheduled services during the week.

THANK YOU FOR KEEPING OUR PATIENT BATHROOM CLEAN



It's really your bathroom.

March 10 is National Women and Girls HIV/AIDS Awareness Day, a day to raise awareness about the impact of HIV on women and show support for women and girls with HIV.



INTERNATIONAL WOMEN'S DAY - MARCH 8

International Women's Day is a global holiday celebrated annually on March 8 as a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women.

Telehealth at Tadiso

Telehealth at Tadiso is reserved ONLY for compliant patients. Only patients who keep their telehealth appointments with counselors will be able to continue telehealth. All other patients must be seen in the counselor's office.



T R A N Q

A new drug is spreading rapidly in popularity across many U.S. states, and is causing skin-rotting symptoms in its wake. Xylazine, also known as "tranq", "tranq dope", or the "zombie drug", has seen increasing usage across major U.S. cities, notably San Francisco, New York, Philadelphia and Los Angeles.

According to one study published in the *Journal of Analytical Toxicology* in June 2022, xylazine has been detected in drug supply across 36 states and the District of Columbia. In the months since, it may have spread even further.

Overuse of the drug can lead to rotting skin ulcerations and ultimately limb amputations if untreated, hence its horrifying nickname "zombie drug". The drug has also been detected in a growing number of overdose deaths.

Colorectal Cancer Awareness Month

March is Colorectal Cancer Awareness Month. The International Agency for Research on Cancer (IARC) estimates that in 2020 colorectal cancer was the third most commonly diagnosed cancer type in the world, with almost 2 million new cases. It was the third most common cancer in men but the second most common cancer in women, after breast cancer. Colorectal cancer was also the second most common cause of cancer death worldwide, causing almost 1 million deaths.

You can reduce your risk of developing colorectal cancer by adopting healthier lifestyle habits. Recognized risk factors for colorectal cancer include obesity, low levels of physical activity, a poor diet, and tobacco smoking. Alcohol consumption is also a known risk factor for colorectal cancer.

Increased intake of fruit and vegetables is associated with a lower risk of developing colorectal cancer, whereas a dietary pattern typical of industrialized countries, with high intakes of red meat, processed meat, and eggs, is associated with an increase in colorectal cancer risk. By changing your diet to include more fruit and vegetables and less meat, particularly processed meat, you can reduce your risk of colorectal cancer.

Obesity and physical inactivity increase the risk of colon cancer. Higher levels of physical activity are associated with a lower risk of developing colorectal cancer. Introducing more physical activity into your daily routine, even in small ways such as walking or cycling to work or climbing the stairs instead of using the lift, can also reduce your risk of colorectal cancer.

Tobacco smoking and alcohol consumption also increase the risk of colorectal cancer. Quitting smoking and reducing or avoiding alcohol consumption are important steps in reducing your risk of developing colorectal cancer.

Adopting some or all of these healthier habits can help you improve your general health and reduce your risk of many other diseases, not just colorectal cancer. However, even people without any exposure or with very low exposure to known risk factors can still develop this disease. This is why people who are invited to attend colorectal cancer screening should accept. Colorectal cancer screening is available in many countries and aims to reduce the risk of death through early detection of colorectal cancer or of precursor lesions of colorectal cancer. From WHO

WELLNESS FAIR

We wanted to make you aware of a wellness fair that is happening in March and April, being held by Catholic Charities.

The dates/times of the Wellness Fairs, are as follows:

March 18, 2023

10:00 AM - 2:00 PM

First Presbyterian Church of Duquesne (719 Duquesne Blvd
Duquesne, PA 15110)

April 1, 2023

10:00 AM - 2:00 PM

St. Michael the Archangel Church (432 Center Ave., Butler, PA 16001)

Below is the link with more in-depth information on the fairs, and the services that will be offered that day. I also posted this on the wellness Wednesday teams' group.

<https://www.ccpgh.org/events/2023/community-wellness-fair>

