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Subject: Senior Health Tips

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NEWS YOU CAN USE

BY COMFORT KEEPERS®

Colorectal Cancer: Screening and Risk Reduction for Seniors

Colorectal cancer - also referred to as colon cancer or rectal cancer - is considered the second-leading cause of cancer-related deaths, for both men and women. The percentage of deaths from colorectal cancer tends to be highest for those within the 75-84 age range.

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Senior Nutrition: Foods that Can Reduce the Risk of Heart Disease

As we age, the risk of heart disease can increase due to a condition known as atherosclerosis. Atherosclerosis occurs when the arteries begin to narrow from plaque buildup in the arterial walls, disrupting blood flow throughout the body.

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Fast Facts

Studies show that nearly 60% of colorectal cancer patients are 70 years of age or older, and it's estimated that this number will only continue to rise.

The American Heart Association estimates that nearly 66% of cardiovascular disease deaths occur in people age 75 and older.

Seniors and Kidney Health

Physical well-being is contingent upon the health of all of our organs, and while the areas of focus for seniors may often be the heart and brain, the kidneys are just as important and should demand the same level of care and attention.

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We have 3 local offices to better serve you:

Pee Dee Area (843) 656-1056

Sumter Area (803) 773-0099

East Columbia Area (803) 462-1808

According to the Centers for Disease Control and Prevention, upwards of 20 million Americans may have kidney disease.

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