

PRESS RELEASE

For March 24, 2009

FOR IMMEDIATE RELEASE

March 24, 2009 Dayton, Ohio – In recognition of **March as Colorectal Cancer Awareness Month**, DigestiveCare, Inc. presented the Second Annual 'No Buts About It' 5k Run/Walk and Health Fair on March 21, 2009. The race welcomed over 400 runners of all ages from the Miami Valley. The family-friendly 5k was designed to raise awareness about Colorectal Cancer, the third-leading cause of cancer deaths for men and women combined in the United States and expected to cause 50,000 deaths (nearly 26,000 women and 24,000 men) in 2008. With proper screening, however, colorectal cancer is often preventable and can be successfully treated when detected early through a screening procedure.

During the 5K, health representatives were on hand to answer questions, provide free health screenings, and distribute educational literature, promoting a healthy lifestyle. Prizes were awarded for best performances in team, and individual categories while runners enjoyed complimentary refreshments and door prizes.

Net proceeds from the 5K Race will benefit The Good Neighbor House and Reach Out, local health care charitable organizations that promote colorectal cancer education.

DigestiveCare, Inc presented the No Buts About It 5K Run/Walk with support from the following companies:

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To help prevent colorectal cancer, here are a few interesting facts everyone needs to know:

- According to the American Cancer Society, men and women are equally affected by colorectal cancer.
- All persons over the age of 50 are at risk and should be screened ***even if you are not experiencing any problems or symptoms.***
- There is a greater chance of developing colon cancer if someone in your family has had colon cancer or polyps.
- African Americans and people of Eastern European Jewish descent are more frequently diagnosed with colon cancer and may need to be screened prior to age 50.
- Colon cancer often has no symptoms.
- Insurance companies and Medicare cover screening for colon cancer at age 50 and earlier if you have a family history of colon cancer.

The good news is that colon cancer is 90% treatable when detected early!

So, here's what you can do:

- Talk to your employer to see if your health plan covers colorectal cancer screening.
- Check in with your friends and family. Encourage everyone to get screened.
- Contact your primary care physician to schedule your screening for colorectal cancer today.

- Eat a healthy diet and reduce your fat intake to less than 20 to 35 percent of total calories each day, including eating less red meat, and avoiding excessive alcohol intake can help.
- Get enough calcium and folate in your diet.
- Maintain a healthy weight with daily exercise and avoid smoking.
- For more information on digestive health please visit www.digestivecare.net.

DigestiveCare, Inc. is a medical group of thirteen board certified physicians specializing in gastrointestinal evaluations and treatment. They evaluate and treat diseases of the gastrointestinal tract and diseases of the pancreas and liver. DigestiveCare is located at 75 Sylvania Drive in Beavercreek and has consultation offices in Vandalia and Miamisburg.

For more information on colon health contact DigestiveCare at 937.320.5050 or www.digestivecare.net.