March into Colorectal Cancer Awareness Month

Minnesota landmarks and public spaces to be lit blue on Tues., March 5

Mayoral proclamations being made in several Minnesota cities.

MINNEAPOLIS (February 26, 2019) – On Tuesday, March 5, over 80 civic, public, and private organizations across the state will band together to turn Minnesota BLUE (the color of colon cancer awareness) for one day and night in March. Edina-based Colon Cancer Coalition is leading the effort to educate Minnesotans from all corners of the state about the importance of colorectal cancer screening and show support for patients, survivors, and caregivers.

Landmarks and health care facilities across the state, including Target Field and the IDS Center in Minneapolis; 1st National Bank Building and Regions Hospital in Saint Paul; Mayo Clinic Plummer Building in Rochester; Enger Tower in Duluth; Lincoln Plaza in St. Cloud; and many more, will shine blue from dusk to dawn. The mayors 10 Minnesota cities and town have all declared March as COLORECTAL CANCER AWARENESS MONTH. The commitment of the Minnesota’s health care community, together with the civic and business participation, provides a platform to bring attention to the nation’s second leading cause of cancer deaths in the U.S. In addition to blue lights, many health care organizations are also engaging their employees and patients by wearing blue, sharing information and encouraging screening. (Note: a complete list of buildings, landmarks, and other participating spaces are listed on page 2.)

The Minnesota business community and the general public are also invited to join the Tues., March 5 activity. Simply wear a favorite shade of blue or light-it-up with a blue lightbulb. Photos can be shared on Twitter or Instagram using #MNBlue.

On Tuesday, March 12, colorectal cancer patients, survivors, and their families will join the health care community at the “Minnesota Blue Reception” at 6 p.m. in the Bullard Rainforest Auditorium at Como Zoo in St. Paul. Together the community will celebrate the life-saving work being done in the state. Providers and clinics who are meeting the national 80% screening goal will also be recognized at this event. This event is free and open to the public.

Facts about colon and rectal cancer:
1. In 2019, an estimated 2,300 Minnesotans will be diagnosed and 790 Minnesotans may die from colorectal cancer.
2. One in 23 Americans will be diagnosed with colon cancer in their lifetime, one in five of those will be diagnosed under the age of 54.
3. The American Cancer Society recommends that screening for this preventable cancer should begin at age 45 for adults with average risk. Screening should begin earlier for individuals with a family history of colorectal cancer or polyps.
4. In Minnesota the screening rate for colorectal cancer sits at 73.7%, increasing that by just one percentage point could mean an additional 10,000 Minnesotans would be screened, saving lives in the process.

What can be done to reduce the risk?
1. Get screened as recommended, starting at age 45, or earlier for those with certain risk factors.
2. Maintain a healthy weight, and adopt a physically active lifestyle.
3. Understand the symptoms, and talk with your doctor if you experience blood in your stool, chronic constipation or unexplained weight loss.
4. Consume a healthy diet of fruits, vegetables, and whole grains, while limiting red and processed meats.
5. Limit your alcohol consumption and don’t smoke.

About the Colon Cancer Coalition
The Colon Cancer Coalition is a non-profit organization based in Minneapolis, Minn. dedicated to encouraging screening and raising awareness of colon cancer. The organization’s signature Get Your Rear in Gear® and Tour de Tush® event series are volunteer-driven in communities throughout the United States. Money raised at these events are granted back into local communities to help will build and sustain programs and research encouraging early prevention, screening, and patient support for this disease. By making the words colon, colorectal and colonoscopy a part of the everyday language, we believe we can overcome the fear and decrease deaths from this largely preventable cancer. For more information visit ColonCancerCoalition.org.

(SEE LOCATIONS ON NEXT PAGE)
**Going BLUE on March 5 for Colorectal Cancer Awareness**

Some landmarks may be BLUE or hosting activities for a longer period of time or on a different date as noted.

**Alexandria**
PrimeWest Health, Mar. 1-31
Salmons Place Senior Care

**Bemidji**
Sanford Bemidji Medical Center, Mar. 1-31

**Bloomington**
OATI Microgrid Technology Center
HealthPartners Corporate Headquarters, Mar. 1-31
Minnesota Gastroenterology (MNGI) Bloomington Clinic and Ambulatory Surgery/Endoscopy Center

**Brainerd**
Essentia Health Cancer Center

**Chanhassen**
Minnesota Gastroenterology (MNGI)

**Coon Rapids**
Minnesota Gastroenterology (MNGI) Coon Rapids Clinic and Ambulatory Surgery/Endoscopy Center
Virginia Piper Cancer Institute, a part of Allina Health

**Crosby**
Cuyuna Regional Medical Center, Mar. 1-31

**Dawson**
Johnson Memorial Health Services

**Duluth**
Enger Tower, Mar. 1-5
Essentia Health Cancer Center
Lake Superior Community Health Center - FOHC

**Eagan**
Sperry Tower
American Cancer Society offices
Minnesota Gastroenterology (MNGI) Eagan Clinic and Ambulatory Surgery/Endoscopy Center

**Eden Prairie**
Mayoral Proclamation
Town Center Water Tower

**Edina**
France Ave, Mar. 1-8
Colon Cancer Coalition offices

**Faribault**
Virginia Piper Cancer Institute, a part of Allina Health

**Granite Falls**
Granite Falls Health

**Hutchinson**
Hutchinson Health Hospital, Mar. 1-31

**Litchfield**
Meeker Memorial Hospital & Clinics

**Madison**
Lou T Fisk brought to you by Madison Healthcare Services, Mar. 1-8

**Mankato**
Mankato Clinic

**Maple Grove**
North Memorial Ambulatory Surgery Center

**Maplewood**
Minnesota Gastroenterology (MNGI) Maplewood Ambulatory Surgery/Endoscopy Center
Minnesota Gastroenterology (MNGI) Maplewood Clinic

**Minneapolis**
Mayoral Proclamation
35W Bridge
IDS Center
Mayo Clinic Square
Target Field
US Bank Stadium
W Minneapolis – The Foshay
Indian Health Board of Minneapolis
Masonic Cancer and Cardiovascular Research Building
Masonic Cancer Research Building
Minnesota Gastroenterology (MNGI) Northeast Minneapolis Clinic
Provation Medical, Inc.
UCare Minnesota
University of Minnesota Health Clinics and Surgery Center
Virginia Piper Cancer Institute, a part of Allina Health
Native American Community Clinic, Mar. 13
Southside Community Health Services
North Point Health and Wellness

**Minnetonka**
Minnetonka Ambulatory Surgery Center

**New York Mills**
Mayoral Proclamation

**Olivia**
RC Hospital & Clinics, Mar. 4-6

**Ortonville**
Ortonville Area Health Services

**Ottertail**
Mayoral Proclamation

**Plymouth**
Minnesota Gastroenterology (MNGI) Plymouth Clinic and Ambulatory Surgery/Endoscopy Center

**Rochester**
Mayo Clinic Plummer Building
ONB Bank
American Cancer Society offices

**Saint Cloud**
Abraham Lincoln Plaza (5th Ave & 1st St)
Water Tower on I-94
CentraCare Health South Point Office Building
Saint Cloud Hospital

**Saint Louis Park**
City of Saint Louis Park / Louisiana & Hwy 7 Bridge
Methodist Hospital, Mar. 1-31
Park Nicollet Campus, Mar. 1-31

**Saint Paul**
Mayoral Proclamation
1st National Bank Building
Allianz Field
CHS Field
HealthPartners Neuroscience Center, Mar. 1-31
HealthPartners Orthopedic & Sports Medicine, Mar. 1-31
Minnesota Department of Health - Sage Program
Minnesota Endoscopy Center
Regions Hospital, Mar. 1-31
Virginia Piper Cancer Institute, a part of Allina Health

**Slayton**
Murray County Medical Center

**Sleepy Eye**
Sleepy Eye Medical Center, Mar. 1-31

**Sebeka**
Mayoral Proclamation

**Stillwater**
Lakeview Hospital, Mar. 1-31

**Tracy**
Mayoral Proclamation
Sanford Tracy Medical Center

**Verndale**
Mayoral Proclamation

**Wadena**
Mayoral Proclamation
Tri-County Health Care, Mar. 4-8

**Westbrook**
Mayoral Proclamation
Sanford Westbrook Medical Center

**Winona**
Winona Health

**Woodbury**
Minnesota Gastroenterology (MNGI) Woodbury Clinic and Ambulatory Surgery/Endoscopy Center
TRIA Woodbury, Mar. 1-31

**WISCONSIN**

**Amery**
Amery Hospital & Clinic, Mar. 1-31

**Hudson**
Hudson Hospital & Clinic, Mar. 1-8

**New Richmond**
Westfields Hospital, Mar. 1-31

**Superior**
Lake Superior Community Health Center – FOHC