



Companies Vie for “Biggest Loser” Title

AFCO, Gilchrist Construction Company, and RoyOMartin’s home office recently competed in an eight-week weight-loss challenge. The annual winner gets bragging rights and a trophy to hold on to until the next year. Each week, the top five losers from each company were to compare percentage of weight lost. This year’s final results were:

- 1st Place: AFCO, 50.54%
- 2nd Place: RoyOMartin, 39.17%
- 3rd Place: Gilchrist, 20.5%



AFCO:
23 participants
Winners
Male Category:
Chris Turner
Lost 14.24%

Female Category:
Judith Gambino
Lost 10.07%



RoyOMartin:
9 participants
Winners
Male Category:
Dan Weaver
Lost 9.31%

Female Category:
Brenda Caskey
Lost 10.91%



Gilchrist:
8 participants
Winners
Male Category:
Curnest Guillot
Lost 4.3%

Female Category:
Denise Winn
Lost 7.82%

Know the Signs of Colorectal Cancer

Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans get colorectal cancer, and more than 50,000 people die from it.

Risk increases with age. More than 90% of colorectal cancers occur in people who are 50 years old or older.

Precancerous polyps and colorectal cancer don’t always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. If you have symptoms, they may include:

- Blood in or on the stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don’t know why.

These symptoms may be caused by something other than cancer. If you have any of them, make an appointment for a screening at Legacy. There are several screening test options. Talk with your doctor about which is right for you.



Source: cdc.gov

What are Symptoms of Alcohol Abuse?

A few mild symptoms — which you might not see as trouble signs — can signal the start of a drinking problem. It helps to know the signs, so you can make a change early. If heavy drinking continues, then over time, the number and severity of symptoms can grow and add up to "alcohol use disorder." Doctors diagnose alcohol abuse when a patient’s drinking causes distress or harm. See if you recognize any of these symptoms in yourself. And don’t worry: even if you have symptoms, you can take steps to reduce your risks.



In the past year, have you:

- Had times when you ended up drinking more, or longer, than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn’t?
- More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, using machinery, or having unsafe sex)?

- Had to drink much more than you once did to get the effect you want?
- Continued to drink even though it was making you feel depressed or anxious or adding to another health problem?
- Spent a lot of time drinking? Or being sick or getting over other aftereffects?
- Continued to drink even though it was causing trouble with your family or friends?
- Found that drinking, or being sick from drinking, often interfered with taking care of your home or family?
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten arrested, been held at a police station, or had other legal problems because of your drinking?

If you’ve experienced any of these signs, seek help. The best time to get help is before it becomes a severe problem. The providers at Legacy Health & Wellness are able to help manage your care at any stage.

Source: National Institute on Alcohol Abuse and Alcoholism