

THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 591 Session of 2012

INTRODUCED BY DONATUCCI, ADOLPH, BAKER, BARRAR, BISHOP, BOBACK, BRADFORD, BRENNAN, BROOKS, BROWNLEE, BURNS, CALTAGIRONE, CAUSER, CLYMER, D. COSTA, CUTLER, DALEY, DAVIS, DeLUCA, DIGIROLAMO, CULVER, EVERETT, FABRIZIO, FLECK, FREEMAN, GEIST, GEORGE, GIBBONS, GILLEN, GINGRICH, GODSHALL, GOODMAN, GRELL, HAHN, HARHART, HENNESSEY, HESS, KAVULICH, KORTZ, KULA, LONGIETTI, MAHONEY, MAJOR, MANN, MICOZZIE, MILLARD, MILNE, MOUL, MURT, MUSTIO, M. O'BRIEN, O'NEILL, PASHINSKI, READSHAW, ROCK, ROEBUCK, ROSS, SABATINA, SAINATO, SAYLOR, SCAVELLO, SCHRODER, K. SMITH, SONNEY, STABACK, STERN, SWANGER, TALLMAN, VEREB, VULAKOVICH, WATSON, WHITE AND YOUNGBLOOD, FEBRUARY 29, 2012

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35, FEBRUARY 29, 2012

A RESOLUTION

1 Observing the month of March 2012 as "National Colorectal Cancer
2 Awareness Month" in Pennsylvania.

3 WHEREAS, Colorectal cancer is the second leading cause of
4 cancer death among men and women in the United States; and

5 WHEREAS, The National Cancer Institute estimates that in
6 2012, physicians will diagnose nearly 144,000 new cases of
7 colorectal cancer in the United States; and

8 WHEREAS, The National Cancer Institute estimates that the
9 disease will kill nearly 52,000 individuals in the United States
10 this year; and

11 WHEREAS, According to the National Cancer Institute, if
12 everyone 50 years of age or older would have regular colorectal

1 cancer screening tests, at least 60% of colorectal cancer deaths
2 could be prevented each year because of early detection and
3 treatment; and

4 WHEREAS, Prevention of colorectal cancer can be highly
5 dependent on dietary factors and adopting a healthy diet at a
6 young age can significantly reduce the risk of developing
7 colorectal cancer; and

8 WHEREAS, March has been designated as "National Colorectal
9 Cancer Awareness Month" by the Prevent Cancer Foundation and
10 "National Nutrition Awareness Month" by the American Dietetic
11 Association; and

12 WHEREAS, Colorectal cancer can almost always be cured if
13 detected in its early stages; and

14 WHEREAS, Regular screening tests detect colon polyps before
15 they become cancerous, saving lives; and

16 WHEREAS, Screening reduces mortality both by decreasing
17 incidents and detecting a higher proportion of cancer at early,
18 more treatable stages; and

19 WHEREAS, Education can help inform the public of methods of
20 prevention and symptoms of early detection; therefore be it

21 RESOLVED, That the House of Representatives observe the month
22 of March 2012 as "National Colorectal Cancer Awareness Month" in
23 Pennsylvania and urge its residents to follow these actions to
24 prevent colorectal cancer:

25 (1) Being physically active for at least 30 minutes, at
26 least five days a week.

27 (2) Maintaining a healthy weight.

28 (3) Quitting smoking.

29 (4) Having no more than one drink a day for women and
30 two drinks a day for men.

1 (5) Eating fruits, vegetables and whole grains to remain
2 healthy and fit.

3 (6) Reducing the intake of red meat and cutting out
4 processed meat.

5 (7) Beginning regular screening at 50 years of age for
6 colorectal cancer and earlier for those of higher risk. The
7 best time for a screening to occur is when a person has no
8 symptoms.

9 (8) Talking to a doctor about tests for cancer, such as
10 a colonoscopy, virtual colonoscopy, a flexible sigmoidoscopy,
11 a double-contrast barium enema, a stool occult blood test, a
12 stool immunochemical test and a stool DNA test.