

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

MEDIA ADVISORY

FOR IMMEDIATE RELEASE
March 05, 2015

Contact: Communications Office
(850) 245-4111

“DRESS IN BLUE” TO SUPPORT COLON HEALTH

TALLAHASSEE—The Florida Department of Health invites you to raise awareness for colon health by participating in National Dress in Blue Day.

Launched by the Colon Cancer Alliance in 2009 to raise awareness about colon health, **National Dress in Blue Day** falls on the first Friday of March each year. Colorectal cancer is the second leading cause of cancer death in Florida among cancers that affect both men and women. This type of cancer is also highly preventable through regular screenings, eating a healthy diet, exercising regularly, limiting alcohol and quitting smoking. The Florida Department of Health encourages you to wear blue, learn about your risk for colon cancer and act to reduce your risk.

What: National Dress in Blue Day
When: Friday, March 6, 2015
Where: Everywhere across the Country

Regular screening for colorectal cancer should begin at age 50. Also, your risk for colorectal cancer may be higher than average if you or a close relative have had colorectal polyps or colorectal cancer, and people at high risk may need early or more frequent tests than others do. Talk to your doctor about which screening test is right for you. Testing options and their recommended frequency include:

- A Fecal Immunochemical Test or FIT (testing for blood in the stool) every year
- A sigmoidoscopy every five years with FIT every three years
- A colonoscopy every 10 years

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit www.floridahealth.gov.