



## **If you're age 45 or older, you should start getting screened for colorectal cancer.**

Colorectal cancer is one of the leading causes of cancer death in men and women, yet it can often be prevented or found at an early stage, when it's small and may be easier to treat, with regular screening. Preventing colorectal cancer or finding it early doesn't have to be expensive. There are simple, affordable take-home tests available. Talk to your health care provider about which tests might be good options for you. No matter which test you choose, the most important thing is to get tested.

[Book an Appointment at the Clinic](#)

## **Counseling with Nathan Blake, CFBPPC, LCAS**

March is colorectal cancer screening awareness month and we recognize cancer screening could cause anxiety and stress. Please remember Nathan is here to help Ralph Lauren employees navigate through any stress. Nathan's services are part of the Onsite Clinic and are at no cost to employees and families.



**Contact Nathan at 336-416-3623**

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## Ask the Nurse

### What are the symptoms of seasonal allergies?

Symptoms of seasonal allergies can include:

- Stuffy nose, runny nose, or sneezing a lot
- Itchy or red eyes
- Sore throat, or itching of the throat or ears
- Waking up at night or having trouble sleeping, which can lead to feeling tired during the day



### What can I do to prevent seasonal allergies?

If you get symptoms at the same time every year, talk with your provider. Some people can prevent symptoms by starting their medicine a week or 2 before that time of the year.

You can also help prevent symptoms by avoiding what you are allergic to. For example, people who are allergic to pollen can:

- Stay inside during the times of the year when they have symptoms
- Keep car and house windows closed, and use air conditioning instead
- Take a shower before bed to rinse pollen off their hair and skin
- Wear a dust mask if they need to be outside

Visit the Ralph Lauren Onsite Care Clinic to learn more about how you can prevent symptoms.

### What's all the hype about colorectal cancer screening?

Colorectal cancer (CRC) typically starts as a polyp or growth on the colon or rectum wall. Some polyps may develop into cancer. Early-stage CRC can go undetected because many people have no symptoms. However, the cancer is detected through screening, and when caught early, CRC is treatable in 90% of people. **The American Cancer Society recommends regular screening starting at age 45.**

Ralph Lauren Onsite Care Clinic now offers colorectal cancer screenings. Make an appointment to have a consultation regarding what screening tool will be best for you. We will also discuss family history, lifestyle habits, and review your health history to determine screening options. Don't wait to screen for CRC. Regular screening can save lives through early detection.

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## FREE COVID-19 Testing Sites

Atrium Health Wake Forest Baptist has recently opened free PCR COVID-19 testing sites in Winston-Salem, High Point, and Wilkesboro.

***Please do not go to Urgent Care or the Emergency Room for COVID-19 testing. Please use these free testing sites.\****



- All sites are open **Monday through Friday, 9 am to 6 pm**, and **Saturday, 10 am to 3 pm** through mid-February.

- **Testing is FREE** and available to anyone age 2 or older, with or without symptoms. **No insurance is needed. Results will be available 24-36 hours after the test.**
- **Appointments are recommended** but not required. **Please schedule [online](#)** or by calling 877-562-4850.
- Testing sites will be open, weather permitting. Check local media outlets and Atrium Health Wake Forest Baptist social media channels for schedule changes due to inclement weather.

\*If this is an emergency, please call 911 or go to the nearest Emergency Room

[Make An Appointment](#)

[Find Your Nearest Testing Site](#)

[Book An Appointment at the Clinic](#)

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