



FOR IMMEDIATE RELEASE
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PRESIDENT BEGAYE AND VICE PRESIDENT NEZ DECLARE MARCH AS COLON CANCER AWARENESS MONTH

WINDOW ROCK – On Feb. 27, Navajo Nation President Russell Begaye and Vice President Jonathan Nez designated the month of March as Colorectal Cancer, Cancers & Lynch Syndrome Hereditary Awareness month for the Navajo Nation.

“You can reduce the chances of cancer through regular check-ups, a healthy lifestyle and by knowing your family history,” said President Begaye. “Together we can ensure a healthy future for all of our People on the Navajo Nation.”

Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

Vice President Nez encourages awareness for colon cancer, Lynch Syndrome and other diseases that males are susceptible to contracting.

“Get your annual physical exams and eat a proper diet to prevent colon cancer and other diseases. As men, we sometimes forgo the checkups due to complacency,” Vice President Nez said.

He noted that the Begaye-Nez administration continues to advocate for healthy, active lifestyles.

The President and Vice President encourage and call upon all Navajo Nation Employees, Government Officials, businesses,



President Russell Begaye and Vice President Jonathan Nez sign a proclamation to designate the month of March as Colorectal Cancer, Cancers & Lynch Syndrome Hereditary Awareness month for the Navajo Nation. Council Delegate Amber Crotty (Beclabito, Gad'i'ahi/To'koi, Red Valley, Tooh Haltsooi, Toadlena/Two Grey Hills, Tse alnaoz't'i'i) witnessed the signing.

communities, health care professionals, educators and the People of the Navajo Nation to provide education about preventing, screening, educating, treating, and curing colon cancers on March 22.

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