



spotlight on health

Going To Bat Against Cancer

(NAPSA)—Over 50,000 lives. That's how many may be saved every year if more Americans were screened for colorectal cancer. This disease, the second leading cancer killer, after lung cancer, can strike anyone at any time.

Helping Americans strike back is a national awareness campaign sponsored by Eric Davis of the San Francisco Giants, Major League Baseball and the American Cancer Society.

Davis and many of his colleagues, including Cliff Floyd, Cal Ripken, Jr., Jeff Bagwell, Barry Bonds and Roberto Alomar are encouraging fans and others to eat right, exercise and get regular screenings.

Each year the Eric Davis Foundation's Score For Screening Program targets fans, their families and friends during a home game with informational tables set up in the ballparks with colon cancer materials, risk assessment tests and Eric Davis baseball cards containing colon cancer information. This year, player spokesmen from each participating team will donate an autographed jersey to be raffled off among those fans who take the risk assessment test. Other fans will also get the message through a public service announcement featuring Davis.

Davis is also teaming up with the Fred Hutchinson Cancer Center to launch a new study on the effects of exercise on colon cancer risk.

"We want fans to know that they don't have to die from colon cancer. Colon cancer is preventable, beat-



Baseball star Eric Davis wants fans to catch on to how to help their own health.

able and treatable," said Davis who was diagnosed with the disease at age 35. After surgery, he returned to baseball scheduling chemotherapy around games.

Doctors say diets high in fiber, vegetables, fruits, and calcium-rich foods may protect against colorectal cancer. It is also advisable to drink alcohol only in moderation if at all, to abstain from tobacco use and to exercise regularly. The exercise regimen need not be particularly vigorous—even moderate physical activity can help to prevent disease.

For more information about colon cancer or the Score For Screening Program, visit www.scorecrc.com or call the Eric Davis Foundation at 410-536-8149.