



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
SCHOOLS DIVISION OF MISAMIS ORIENTAL

**Office of the Schools Division Superintendent**

March 12, 2024

**DIVISION MEMORANDUM**

No. 171, s. 2024

**COLORECTAL CANCER AWARENESS MONTH**

To: Public School District Supervisors/In-charge  
Elementary and Secondary School Heads  
Elementary and Secondary Teachers  
Others Concerned  
This Division

1. March is Colorectal Cancer Awareness Month, a time dedicated to raising awareness about colorectal cancer and the importance of early detection.
2. Anent thereto, this Office informs the field of the facts and steps to protect one's health from this disease.
3. Colorectal cancer is the 4<sup>th</sup> most common cancer diagnosed in both men and women in the Philippines. It often begins as a small polyp in the colon or rectum and can grow over time, potentially leading to serious health issues if left undetected. However, with regular screenings and early detection, colorectal cancer is highly preventable and treatable. Here are some important facts and tips to consider:
  - a. Know the risk factors: Age; Family History of Colorectal Cancer, Certain Genetic Conditions, A diet high in red and processed meats, lack of physical activity, and smoking are all risk factors for colorectal cancer.
  - b. Get screened: regular screenings, such as annual colonoscopies, can help detect colorectal cancer in its early stages or even prevent it by finding and removing polyps before they become cancerous. Talk to your healthcare provider about when you should start screening based on your risk factors.
  - c. Maintain a healthy lifestyle: eating a balanced diet high in fruits, vegetables, and whole grains, exercising regularly, maintaining a healthy weight, and avoiding smoking can help reduce your risk of colorectal cancer.



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d. Spread awareness: Help raise awareness about colorectal cancer among your family, friends, and colleagues. Encourage them to learn about the risk factors, get them screened, and take steps to protect their health.

4. For information, guidance, and compliance.

*For:*

**EDILBERTO L. OPLENARIA, EdD, CESO V**  
*sgd* Schools Division Superintendent *[Signature]*

*[Signature]*  
**MARY ANN MALLERA**  
Assistant School Division Superintendent

ELO/MMA/sgod/mma - emd



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