

# 2020 MTZ Newsletter

Elder Lance E. Humphrey, Senior Pastor  
Minister Nichole Humphrey, First Lady  
1535 Dewey Ave. Columbus, Ohio 43219  
(614) 294-9400, fax (614) 294-9402  
E-mail: info@mtzbaptistchurch.com



## HAPPY MARCH BIRTHDAYS

MARY PARKS - 3  
MARK SHANK - 4  
RHONDA TATE - 5  
CAROLYN MOORER - 6  
CAMILLE WILLIAMS - 7  
MONICA MCSWAIN - 8  
ROBERT SHANK - 11  
SAMIRAH LOVEJOY - 16  
LARRY COPELAND - 20  
TONYA CROSS - 22  
JANIAH SLAPPY - 27  
ANGI TOLLIVER - 27  
JEFFREY PHILLIPS SR. - 29

## MTZ Mission Statement

***We Gather To Be Edified, Leave to Evangelize, Making Ready A People For the Return of Jesus Christ!***

## MARCH WEDDING ANNIVERSARIES

JEFF & TRINA PHILLIPS - 12  
GREG & RHONDA TATE - 14

## **What is Colorectal Cancer (also known as Colon Cancer)?**

Colorectal cancer, also known as bowel cancer, colon cancer, or rectal cancer, is the development of cancer from the colon or rectum. A cancer is the abnormal growth of cells that can invade or spread to other parts of the body.

Doctors are not certain what causes most colon cancers. In general, colon cancer begins when healthy cells in the colon develop changes (mutations) in their DNA. As the cells accumulate, they form a tumor. With time, the cancer cells can grow to invade and destroy normal tissue nearby.

Treatment depends on the size, location, and how far the cancer has spread. Common treatments include surgery to remove the cancer, chemotherapy, and radiation therapy.

### **SYMPTOMS OF COLON CANCER**

1. Change in Bowel Movements
2. Abnormal Stool Quality
3. Rectal Bleeding
4. Abdominal Discomfort
5. Nausea and Vomiting
6. Loss of Appetite
7. Decrease in Weight
8. Unexplained Fatigue
9. Anemia
10. Shortness of Breath

Green leafy vegetables, dark yellow vegetables, whole grains, coffee and fruit juice appeared to reduce inflammation.

Submitted by: Sis. Darlene Griffin member of the Overcomers' Cancer Ministry

