



UNC Family Medicine Patient Newsletter

Issue Date: March 29, 2021

Updated Urgent Care Hours

Urgent Care at the Family Medicine Center has extended their hours on weekdays to 8am – 7pm. Weekend hours are 12pm-5pm. Please note, we will not accept appointments or walk-ins later than 20 minutes before closing.

Visit Us at Carraway Village!

UNC Family Medicine's newest location is at Carraway Village! We recently welcomed two new providers, Dr. Maria Thekkekandam and Dr. Liza Straub.

Our providers at Carraway practice full spectrum family medicine, and same-day services are available. Call us at [\(984\) 215-6550](tel:9842156550) to make an appointment.



COVID Vaccines: What You Need to Know Before and After Your Vaccine



The arrival of several effective vaccines against COVID-19 has been a welcome relief in our effort to bring this pandemic to an end, but we all need to continue doing our part. It is still very critical that we continue to wear masks in public, wash our hands frequently, and maintain social distance from others, whether you have received a vaccine or not. While we know the vaccines are effective in preventing serious illness or hospitalization, we have to keep working hard to keep COVID at bay until the majority of the population has had a chance to get vaccinated and true herd immunity can take effect.

If you have questions about the vaccine, Dr. Adam Goldstein created this video to address several common questions and explain how the currently available vaccines work:

<https://www.youtube.com/watch?v=TaKDMEE2DOU>

Thank you for practicing the 3 W's in order to keep our community safe while vaccines continue to roll out! More information on who is eligible now and when the next group is up can be found at <https://vaccine.unhealthcare.org/>.

Health Insurance Marketplace Special Enrollment

The Health Insurance Marketplace (HIM) is currently in a COVID pandemic Special Enrollment Period. If you need to get health insurance or make changes to your current coverage, you can enroll in or change Marketplace health insurance plans **through May 15, 2021**. Please let your provider know if you have questions, and our Community Health team can help you.

Let's Talk Health with Dr. Neutze: Colorectal Cancer Screening

Did you know that colorectal cancer is the second leading cancer killer of men and women in the United States? Colorectal cancer is a cancer that starts in the colon or the rectum. Most colorectal cancer starts as polyps, which are growths on the lining of the colon.

Importance of Screening

Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. Screening improves your chances of finding cancer early when it is most treatable. That's why it is very important not to delay these types of screenings.

Who Should Get Screened?

Those 50 to 75 years old should be screened for colorectal cancer regularly. Those younger than 50 who may be at high risk of getting colorectal cancer, or those older than 75, should ask their doctor about being screened.

Risk factors include having:

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Screening Options

There are a couple of different options when it comes to screening for colorectal cancer. They include:

- **Colonoscopy** - a procedure in which a provider uses a medical tube with a camera to see the inside of the colon. If normal, this test is repeated every 10 years.
- **Stool test** - this is a screening test you can do right at home. The fecal immunochemical test (FIT) checks for hidden blood in the stool from the lower intestines. Using the kit provided, you take a sample of your stool and send it back to the lab. The lab then tests for blood. If your test is normal, this is repeated every year.
- **Stool DNA test (Cologuard)** - A stool DNA test that you also do at home and mail in. This test looks for certain abnormal sections of DNA from cancer or polyp cells and, also, for hidden blood. This test is conducted every 1-3 years.

Talk to your provider about which option might be right for you. Make an appointment on [MyUNCChart.org](https://www.uncfamilymedicine.org/MyUNCChart.org) or by calling [\(984\) 974-4989](tel:(984)974-4989).



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