

Radio Show

Helpful Materials

One copy of the script for the radio announcer. Another script has the caller and expert sections cut apart and distributed among the participants.

Number of Participants

This activity works with any number of people. The radio show has been done in 2 different ways. The radio show was well received as a community presentation where participants were given their roles in advance and then performed for the community gathering. The radio show has been played during education trainings.

Amount of Time

30 minutes

"The radio show is creative and entertaining. There are so many ways you can adapt it for your community and involve our elders and youth." ~participant comment



The radio show is done as an interactive game or can be done as a scripted live radio show. To play the radio show game, cut the questions and answers into separate pieces of paper. Participants choose a slip of paper to read as part of the radio show. The radio show announcer asks for each caller by number. As the number is called, the caller reads their question.

Participants sit among the audience and join the radio host at the front of the room when they are the caller or the person with the helpful information.

Each participant returns to their seat after reading their question and being joined by the person who answers their question.

After the caller reads their question, each participant looks to see if they have the answer to go with the question. If their answer matches the question, they join the radio host and the caller at the front of the room and the person reads their answer.

Some times enthusiastic people read an answer that doesn't really answer the question. Ask the person who read the question if they feel like their question has been answered. That's OK if the answer didn't match the question. The radio host can let them know there is a question out there in radio land that goes with their answer. Ask for another helpful answer, until the caller feels like their question has been answered. The radio announcer has a list of the questions and answers to help match them up.

Have fun asking the radio questions and listening for helpful answers.

At the end of the radio show, you can invite participants to discuss the following questions.

- What stood out for you about this radio show?
- What new insights did you gain? What information surprised you?
- How can you use the information you learned?

Thank people for their participation.

Colorectal Health Radio Show

Radio Announcer: Hello. Welcome to Wellness Ways talk radio. Today we have with us several people to talk about colon health and ways to help prevent colorectal cancer. That's right colorectal cancer can be prevented by finding and removing polyps before they become cancer. The telephone lines are open so call in with your colon health questions. Hello, hello, do I have caller #1.

Caller # 1 Wow! This is a really cool radio show. But...what the heck is colorectal cancer? I don't think I have a colorectal anything.

Helpful Information: Thank you for calling. You are right, we don't have colorectals. However, both men and women have colons and rectums. The words colon and rectum are combined to make colorectal. Colorectal cancer means cancer of the colon and/or rectum.

Radio Announcer: Colorectal-that is a tongue twister. Say that word three times fast. The lines are open. Do we have caller # 2?

Caller #2 Who gets colorectal cancer anyways?

Helpful Information: Both men and women can get colorectal cancer. However, more than 90% of colorectal cancers are diagnosed in people who are age 50 or older.

Radio Announcer: Amazing-Do we have any listeners age 50 or older this is important information for you to hear. Do we have caller #3?

Caller #3 Well I'm 50 years old, so you got me thinking. What causes colorectal cancer?

Helpful Information: Congratulations on being 50 and thinking about your health. We don't really know what causes colorectal cancer. The majority, about 75% of colorectal cancers happen in people with no known risk factors.

What we do know is that...colorectal cancer usually starts from polyps in the colon. A polyp is an abnormal growth inside the colon. Over time, some polyps can turn into cancer. Certain kinds of polyps are more likely to turn into cancer. It may take 5 to 10 years for a polyp to develop into cancer.

Radio Announcer: Thank you to all our callers and listeners. I'm learning lots of great information today. The lines are open. Do I have caller #4?

Caller #4 Thank you. The lines have been busy so it is great to get through. I agree. I'm learning lots! I heard that last Helpful Information talking about risk factors. What are the risk factors for colorectal cancer?

Helpful Information: Thanks for asking about risk factors. A cancer risk factor is anything that increases your chances of developing a specific kind of cancer. Having an increased risk does not mean that you will automatically develop cancer - it just means that you have an increased chance.

Having a family history of colorectal cancer increases your risk for developing colorectal cancer. When we talk about family history, we mean having a first-degree relative, like your mother, father, sister, brother, son, or daughter, who has had colorectal cancer. It is a good idea to learn if anyone in your family has had cancer, what kind of cancer and how old they were when they were diagnosed. Sometimes it is not easy to talk about cancer, but it is very important for your health.

Radio Announcer: You are right there. I know lots of people, myself included, that don't like to talk about cancer or to talk about body parts like our colons and rectum! Do we have another person who is willing to talk about colon health. Caller #5 we are ready for your call!

Caller #5 Taking care of my health has always been important to me. Is there anything I can do to decrease my risk of developing colorectal cancer?

Helpful Information: Congratulations on taking care of your health. Good for you! These may be activities you are already doing. There are some choices you can make to decrease your risk of developing colorectal cancer. Just remember 4 things.

- Being physically active cuts your risk for developing colorectal cancer in half. It is as easy as doing 30 minutes of physical activity every day.
- Eating foods with lots of fiber like fruits, vegetables, and whole grains. Berries and greens and other plants are very high in antioxidants that help to protect our bodies from developing cancer and to keep our immune system strong.
- Choosing to be tobacco free – your colon will love you! Tobacco use is highly associated with polyps that may develop into cancer. Choose not to chew tobacco. Avoid exposure to tobacco smoke.
- Having recommended colon screening exams to find and remove polyps before they become cancer.

Radio Announcer: Great tips on ways to live well. I hope everyone out there in radio land is dancing around while listening to this talk show! Caller #6 dance on down to the phone line.

Caller #6 Cheers to moving to stay healthy! I'm not so sure about dancing down to see my provider to have my colon looked at. My doctor told me that I should have colon screening. I don't have any signs or symptoms so I thought I'd just wait until I had blood in my stool. What are the signs or symptoms of cancer of the colon or rectum any ways?

Helpful Information: A lot of people, when they think of cancer, think of signs or symptoms. BUT colon cancer often starts quietly, with no warning. Don't wait for signs or symptoms.

Colorectal cancer may cause signs or symptoms. Like

- Blood in or on your stool (bowel movement).
- Diarrhea, constipation or feeling like the bowel does not empty completely.
- Abdominal discomfort - frequent gas pains, bloating, fullness and/or cramping and you don't know why.
- Stools (bowel movements) that are thinner than usual. Change in shape.
- Always tired.
- Losing weight and you don't know why.

These may also be signs of other health problems. The only way to know what is causing symptoms is to see your health care provider for an exam and evaluation.

Radio Announcer: Good take home message. Colon cancer can have no signs or symptoms! Caller # 7 please don't wait for signs or symptoms to be screened.

Caller # 7 Finally I got through! The phone lines have been really busy! Well what is the big deal anyway? Why is having a colonoscopy screening exam important?

Helpful Information: Having a colonoscopy screening exam is important because it helps to PREVENT colorectal cancer by finding and removing polyps before they become cancer or if there is already cancer, screening can find it early when it can best be treated.

Radio Announcer: Preventing cancer, now that is something to get excited about. Yippee! Do we have caller number 8?

Caller # 8 Well I just turned 40. At what age should I begin to have a colorectal screening exam?

Helpful Information: Happy Birthday to You...Happy Birthday to You..(Singing) Congratulations ...You hit the colon screening jack pot. You are the magic age. Both Alaska Native men and women begin having a colorectal screening exam at age 40. Others need to begin colon screenings at age 50. If there is a family history, screening may begin at a younger age. If all men and women had recommended colorectal screening exams we could prevent almost all cancers of the colon and rectum. Now that's something worth celebrating! YAHOO I am ready to celebrate!

Radio Announcer: Oh my-we are almost out of time. The phone lines are open...do we have caller #9.

Caller #9 I've heard a few stories about that colorectal exam...that I probably shouldn't repeat on day time talk radio. SO...how exactly is that exam done?

Helpful Information: A trained health care provider uses a thin flexible, lighted tube to look inside your colon. This exam is called a colonoscopy and helps to find and remove polyps before they become cancer, and if there is colorectal cancer to find it early when it can best be treated.

Radio Announcer: Believe me there is nothing I haven't heard on this talk show! Talking about our colons is pretty important. Let's hear from caller #10.

Caller #10 I'm not sure if I can say this right...What is a *Colonoscopy*? (ko-lon-OSS-ko-pee). So many big words.

Helpful Information: A *Colonoscopy* (ko-lon-OSS-ko-pee) is usually done every 10 years at a clinic or hospital to look for polyps inside the rectum and ALL of the colon. Before this test, you take a laxative to clean out the colon.

- During the test you are given medicine to make you comfortable.
- The health care provider may remove polyps and small pieces of tissue or cells, called a biopsy, for closer examination.

Radio Announcer: Well it looks like we are out of time. That ends today's Wellness Ways Talk Show. A big round of applause to all our callers for asking such helpful questions for all of us to learn about colon health. Also it has been very helpful to have so many people call in and share their knowledge about colon health. If you have more questions please talk with your health care provider to learn more about the ways you can take care of your health. Until next time this is Wellness Radio signing off. Remember to have a recommended colon exam when you are healthy to stay healthy!