

# Testing for colon cancer could save lives

DEARABBY: Imagine if, by applying what we already know, we could save the majority of lives that are lost to the third-leading cause of cancer in men and women. That's no pie-in-the-sky dream. I'm talking about colon cancer. Regular testing can help prevent this disease or detect it at its earliest, most treatable stage.

This year, colon cancer will claim the lives of more than 56,000 Americans. That's more than 150 deaths a



## abigail van buren

• dear abby

day, many of them preventable. The tests allow doctors to remove polyps before they can become cancerous, and prevent colon cancer from happening. These same tests can also detect early signs of the disease as effectively as mammography detects breast cancer. So why aren't Americans over the age of 50 getting tested?

Many people simply do not realize they're at risk beginning at age 50. Some people think they don't need to

be tested because they have no family history of the disease or symptoms. The truth is, symptoms often don't appear until colon cancer has progressed, and no matter what a person's family history or how someone feels, if you're 50 or older you're at risk for colon cancer.

There is also the perception that the test will be embarrassing or painful. While some of the tests may be uncomfortable, colon cancer is far worse.

Bottom line: If you're 50 or older, now is the time to get tested for colon cancer. People with a family history of the disease or other risk factors should discuss with their doctors getting tested even earlier.

Abby, March marks the sixth annual National Colorectal Cancer Aware-

ness Month. It's a perfect time to start raising this important subject and making sure that Americans get the test that could save their lives. Do it NOW. Don't put it off. It's one of the few cancer tests that can actually prevent the disease. — STEPHEN F. SENER, M.D., PRESIDENT, AMERICAN CANCER SOCIETY

DEAR DR. SENER: I am pleased to help publicize this important message. Readers, if there is a history of colon cancer in your family, please discuss it with your doctors, regardless of your age. If you're lucky and there isn't one, but you're 50 or nearly there, recognize that adulthood brings with it certain responsibilities. So don't be childish, don't be embarrassed and don't be afraid. The exam isn't painful. The big-

gest "inconvenience" is the preparation for it. Consider it an initiation into a special club — the long-life club.

The American Cancer Society offers a free information kit to help you discuss colon cancer testing with your physician. To get one, call toll-free: (800) 227-2345 and stop colon cancer before it starts.

DEAR ABBY: I am a 28-year-old, American-born Asian woman, whose tradition-bound, first-generation mother insists that I, or another person in our family, share a portion of our meal with her even though she has already eaten and we have not. This is acceptable behavior in her home, but is it appropriate for her to continue this behavior in public?

For example, my mother, my aunt,

my cousin's three children and husband and I went out to dinner at a steakhouse, and my mother insisted that I slice a portion of my steak and share it with my cousin, who had already started to eat her entree of pasta. Not wanting to create a scene, I obliged. Mother becomes angry with me when I try to explain that this is not proper etiquette. She calls me selfish for not wanting to share. What do you suggest I do? — FRUSTRATED DAUGHTER IN CALIFORNIA

DEAR FRUSTRATED: You will spare yourself a lot of heartburn if you realize that you cannot change your mother. So, when you are at a restaurant with her, order a larger portion than you normally would, beat her to the punch and offer to share.

TUESDAY EVENING												MAR. 8, 2005											
E S		6 pm		6:30		7 pm		7:30		8 pm		8:30		9 pm		9:30		10 pm		10:30			
36	53	A&E	Cold Case Files "The Barrel, Baby for Sale"		Cold Case Files "Bitter; Cheseboro"		Bounty Hunter		Bounty Hunter		Crossing Jordan "Secrets & Lies"		Cold Case Files "The Barrel, Baby for Sale"										
4	6	ABC	My Wife and Kids		George Lopez (N)		According to Jim (N)		According to Jim (N)		Blind Justice "Pilot" (Series Premiere) (N)		News		(:35) Nightline		(:06) Jimmy Kimmel Live (N)						
26	48	ANPL	Austin Stevens: Snake-master (N)		The Most Extreme "Global Conquerors" (N)		Queer Eye for the Straight Guy "Alex M"		Queer Eye for the Straight Guy "John D"		Austin Stevens: Snake-master		The Most Extreme "Global Conquerors"										
53	54	BRAVO	Queer Eye for the Straight Guy		Queer Eye for the Straight Guy "Alex M"		Queer Eye for the Straight Guy "John D"		Queer Eye for the Straight Guy "John D"		Queer Eye for the Straight Girl		The West Wing "No Exit"										
7	11	CBS	NCIS "The Bone Yard"		The Amazing Race 7 (N)		Judging Amy "Hard to Get" (N)		American Chopper "Black Widow"		Undetectables		Undetectables		Undetectables		Undetectables		Undetectables		Undetectables		
24	50	DISC	The Competitors "Magazine Wars"		Monster Garage		American Chopper "Black Widow"		Undetectables		Undetectables		Undetectables		Undetectables		Undetectables		Undetectables		Undetectables		
33	44	DISN	Braceface		Kim Possible		Lizzie McGuire		Sister, Sister		That's So Raven		That's So Raven		★★★ "Brink!" (1998) Erik von Detten. An in-line skater deserts his pals to join a rival team.								
49	81	EITV	Wed-Funeral		Trial		Style Star		Gastineau		Heir		Howard S.		Howard S.		Saturday Night Live						
22	56	ESPN	Wm. Basketball		College Basketball: Horizon League Final		SportsCenter (Live)		Outside		Gamenight												
54	57	ESPN2	College Basketball		College Basketball: Sun Belt Final -- Teams TBA		Basketball		Streetball		Fastbreak		Dream Job										
32	46	FAM	★★★ "Rookie of the Year" (1993) Gary Busey		Who's?		Who's?		Who's?		Who's?		Who's?		Who's?		Who's?		Who's?		Who's?		
59	-	FIT TV	Ultimate Goals		Extremists		Extremists		Peak Performance		Ultimate Goals		Extremists		Extremists								
35	31	FMC	★★★ "The Best Things in Life Are Free"		★★★ "The Best Things in Life Are Free"		★★★ "The Best Things in Life Are Free"		★★★ "The Best Things in Life Are Free"		★★★ "The Best Things in Life Are Free"		★★★ "The Best Things in Life Are Free"		★★★ "The Best Things in Life Are Free"		★★★ "The Best Things in Life Are Free"		★★★ "The Best Things in Life Are Free"		★★★ "The Best Things in Life Are Free"		
53	68	FOOD	Emeril Live Emeril steams up dinner.		Roker on the Road		Roker on the Road		Roker on the Road		Roker on the Road		Roker on the Road		Roker on the Road		Roker on the Road		Roker on the Road		Roker on the Road		
13	7	FOX	American Idol (Live)		House "Occam's Razor"		The Fox Report With Shepard Smith		Bob Newhart		Bob Newhart		Mary Tyler Moore		Mary Tyler Moore								
40	38	FX	King of Hill		King of Hill		Fear Factor		King of Hill		King of Hill		44 Minutes: The North Hollywood Shootout										
30	55	FXSP	Sports List		Rocky Mt.		Fielding		American		Poker Champ.		Best Damn Sports Show		Rocky Mt.		Sports List		Best-Sports				
5	14	HBO	(:15) ★★★ "Cheaper by the Dozen" (2003, Comedy) Steve Martin, Bonnie Hunt.		★★★ "The In-Laws" (2003, Comedy) Michael Douglas.		★★★ "The In-Laws" (2003, Comedy) Michael Douglas.		Deadwood 2		Deadwood 2		Deadwood 2		Deadwood 2		Deadwood 2		Deadwood 2		Deadwood 2		
62	67	HGTV	Designed		Designer		Decorating		Mission		Designers' Designers'		Design		House		Designed		Designer				
58	52	HIST	Wild West Tech "Deadwood Tech"		Breaking Vegas "Professor Blackjack" (N)		Modern Marvels "High Tech Sex"		Wild West Tech "Brothel Tech Sex" (N)		Wild West Tech "Brothel Tech Sex" (N)		Wild West Tech "Deadwood Tech"		Wild West Tech "Deadwood Tech"		Wild West Tech "Deadwood Tech"		Wild West Tech "Deadwood Tech"		Wild West Tech "Deadwood Tech"		
25	35	IND	Friends		Friends		Sex and the City		Sex and the City		(:10) ★★★ "Crocodile Dundee" (1986, Comedy) Paul Hogan, Linda Kozlowski.		(:10) "Crocodile Dundee in Los Angeles" (2001)										
18	63	LIFE	"It Was Him or Us"		"Her Perfect Spouse" (2004) Tracy Nelson.		The Nanny		Golden		The Nanny		Golden		The Nanny		Golden						
23	77	MTV	TRL		Real World		Real World		Real World		Real World		Real World		Real World		Real World		Real World		Real World		
3	9	NBC	News		Ent. Tonight		Law & Order: Criminal Intent "Malignant"		Will & Grace		Committed (N)		Law & Order: Special Victims Unit "Pure" (N)		News		(:35) The Tonight Show With Jay Leno (N)		Late Night				
8	8	NBC	Law & Order: Criminal Intent "Malignant"		Will & Grace		Committed (N)		Law & Order: Special Victims Unit "Pure" (N)		News		(:35) The Tonight Show With Jay Leno (N)		Late Night								
34	43	NICK	SpongeBob/School		Full House		Fatherhood		Fresh Pr.		Fresh Pr.		Fresh Pr.		Fresh Pr.		Fresh Pr.		Fresh Pr.		Fresh Pr.		
2	2	PBS	Get Down Tonight: The Disco Explosion		The Disco Explosion		New performances		Red Green		Red Green		BBC World News		That's My Boy		Charlie Rose (N)						
38	83	SCIFI	(5:00) ★★★ "The Odyssey" (1997) Armand Assante, Greta Scacchi.		★★★ "Ice" (1998) Grant Show, Eva LaRue.		★★★ "Ice" (1998) Grant Show, Eva LaRue.		★★★ "Ice" (1998) Grant Show, Eva LaRue.		★★★ "Ice" (1998) Grant Show, Eva LaRue.		★★★ "Ice" (1998) Grant Show, Eva LaRue.		★★★ "Ice" (1998) Grant Show, Eva LaRue.		★★★ "Ice" (1998) Grant Show, Eva LaRue.		★★★ "Ice" (1998) Grant Show, Eva LaRue.		★★★ "Ice" (1998) Grant Show, Eva LaRue.		
51	41	SPK	Maximum Exposure		Wildest Police Videos		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		
39	51	TLC	While You Were Out "Austin: Skylab"		Clean Sweep Storage problems.		In a Fix Adding living space in a garage.		Overhaulin' "Coolest Cars"		Overhaulin' "Coolest Cars"		Overhaulin' "Coolest Cars"		Overhaulin' "Coolest Cars"		Overhaulin' "Coolest Cars"		Overhaulin' "Coolest Cars"		Overhaulin' "Coolest Cars"		
28	37	TNT	Law & Order (DVS)		Law & Order "Thin Ice"		Charmed		Charmed		Law & Order "Profile"		The X-Files		The X-Files		The X-Files		The X-Files		The X-Files		
51	86	TRAV	Florida-Beaches		World's Best (N)		Taste		Taste		Florida-Beaches		World's Best		World's Best		World's Best		World's Best		World's Best		
21	82	TVLND	Highway to Heaven		Griffith		Leave		Sanford		All-Family		3's Co.		3's Co.		Cheers		Cheers		Cheers		
50	89	UNIV	Apuesta por un Amor		Amor Real		Jugando al Amor		Impacto		Noticiero		La Hora Derbez		La Hora Derbez		La Hora Derbez		La Hora Derbez		La Hora Derbez		
20	34	USA	★★★ "She's All That" (1999) Freddie Prinze Jr.		Friends		Everybody-Raymond		Gilmore Girls "Pulp Fiction" (N)		The Starlet (N)		News		Friends		Will & Grace		Will & Grace		Will & Grace		
12	3	WB	Friends		Everybody-Raymond		Gilmore Girls "Pulp Fiction" (N)		The Starlet (N)		News		Friends		Will & Grace		Will & Grace		Will & Grace		Will & Grace		
99	36	WGN	McCloud Chief Clifford is framed for murder.		WGN News at Nine		Becker		Becker		Home Delivery		Home Delivery		Home Delivery		Home Delivery		Home Delivery		Home Delivery		

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THURSDAY EVENING										Eagle Cable S-S&T Telephone										MAR. 10, 2005					
E	S	6 pm		6:30	7 pm		7:30	8 pm		8:30	9 pm		9:30	10 pm		10:30									
36	53	A&E		Cold Case Files "The Missing and the Dead: Vanished" Anthropologist aids in investigation. [E]				The First 48 [E]				Crossing Jordan "The Truth Is Out There" [E]				Cold Case Files [E]									
4	6	ABC		Extreme Makeover [E]				Extreme Makeover [E]				PrimeTime Live [E]				News [E] (:35) Nightline [E] (:06) Jimmy Kimmel Live [E]									
26	48	ANPL		The Planet's Funniest Animals [E]				Pet Star "Wild Card Special" [E]				Animal Cops San Francisco [E]				The Planet's Funniest Animals [E]				Pet Star "Wild Card Special" [E]					
63	54	BRAVO		Queer Eye for the Straight Girl "Luz H" [E]				Celebrity Poker Showdown Celebrities compete on behalf of their favorite charities. [E]				Queer Eye for the Straight Guy "John D" [E]				The West Wing "Memorial Day" [E]									
7	11	CBS		Survivor: Palau "Sumo at Sea" (N) [E]				CSI: Crime Scene Investigation "Compulsion" [E]				Without a Trace "Lone Star" (N) [E]				News [E] (:35) Late Show With David Letterman [E]				Late Late Show [E]					
24	50	DISC		The Competitors "Delta vs. Jet Blue" [E]				Monster Garage Toyota Tundra conversion. [E]				American Chopper "Police Bike 1" [E]				Totally Out of Control -- Vehicles [E]				Dateline "Error on the Tracks" [E]					
33	44	DISN		Braceface [E]		Kim Possible [E]		Lizzie McGuire [E]		Sister, Sister [E]		That's So Raven [E]		That's So Raven [E]		★ ★ "The Even Stevens Movie" (2003, Comedy) Shia LaBeouf, Christy Carlson Romano. [E]									
49	81	EITV		Kirstie Alley: THS [E]				Trial [E]				Life Great [E]				Saturday Night Live [E]									
22	56	ESPN		College Basketball [E]				Tilt (N) [E]				Tilt [E]				SportsCenter (Live) [E]				Tilt [E]					
54	57	ESPN2		College Basketball [E]				College Basketball: Big East Quarterfinal -- Teams TBA [E]				Gamenight [E]				College Basketball [E]									
32	46	FAM		★ ★ "My Favorite Martian" (1999, Comedy) [E]				Whoze? [E]				Whoze? [E]				The 700 Club [E]				Videos [E]					
59	-	FIT TV		No Opportunity Wasted [E]				Extremists [E]				Extremists [E]				Enduring Extremes [E]				No Opportunity Wasted [E]				Extremists [E]	
35	31	FMC		★★★★ "Breaking Away" (1979) Dennis Quaid [E]				★★★★ "Raising Arizona" (1987) Nicolas Cage. [E]				★★★★ "Laughin Police" [E]				Emmerl's Pie Recipe Contest [E]									
53	68	FOOD		Emmerl's Pie Recipe Contest [E]				National Pie Championship [E]				Good Eats [E]				Good Eats [E]				Iron Chef "Battle Eel" [E]					
13	7	FOX		The O.C. "The Malipisode" (N) [E]				Point Pleasant "Unraveling" (N) [E]				The Fox Report With Shepard Smith [E]				Bob Newhart [E]				Bob Newhart [E]					
40	38	FX		(3:30) "Fight Club" [E]				Fear Factor [E]				King of Hill [E]				King of Hill [E]				King of Hill [E]					
30	55	FOX31		Sports List [E]				Women's College Basketball: Big 12 Semifinal [E]				College Basketball [E]				College Basketball [E]									
5	14	HBO		(5:15) ★ "Just Married" (2003) PG-13 [E]				★★★★ "The Company" (2003, Drama) Neve Campbell, Malcolm McDowell. [E]				★★ ★ "Malibu's Most Wanted" (2003) Jamie Kennedy. [E]				Dope Sick Love (N) [E]									
62	67	HGTV		Mission [E]		reDesign [E]		Design [E]		Designers' [E]		House [E]		House [E]		Design [E]		House [E]		Mission [E]					
58	52	HIST		Alaska: Big America Alaska shapes the lives of those who come under its spell. [E]				Modern Marvels "Oil Tankers" [E]				Modern Marvels "Sub Disasters" [E]				Alaska: Big America [E]									
25	35	IND		Friends [E]		Friends [E]		★ "What's the Worst That Could Happen?" (2001) Martin Lawrence, Danny DeVito. [E]				(:10) ★ "What's the Worst That Could Happen?" (2001, Comedy) Martin Lawrence. [E]													
18	63	LIFE		"No One-Protect" [E]				"Deliberate Intent" (2000) Timothy Hutton. [E]				The Nanny [E]				Golden [E]		The Nanny [E]		Golden [E]					
23	77	MTV		TRL [E]		Damage [E]		Bam [E]		Real World [E]				Pimp Ride [E]		Pimp Ride [E]		Making the Band 3 [E]							
3	9	NBC		News [E]		Ent. Tonight [E]		Will & Grace [E]		Committed [E]		The Apprentice "Bling It On" (N) [E]				The Contender (N) [E]		News [E]		Tonight Show [E]					
8	8	NBC		Will & Grace [E]		Committed [E]		The Apprentice "Bling It On" (N) [E]		The Contender (N) [E]				News [E]		(:35) The Tonight Show With Jay Leno (N) [E]				Late Night [E]					
34	43	NICK		SpongeBob [E]		Romeo! [E]		Full House [E]		Full House [E]		Fresh Pr. [E]		Fresh Pr. [E]		Fresh Pr. [E]		Fresh Pr. [E]		Fresh Pr. [E]					
2	2	PBS		Kansas Spotlight Events. [E]				The Ten Tenors: Larger Than Life Australian concert. [E]				Than Life [E]				In Concert Classics Dionne Warwick [E]									
38	83	SCIFI		(5:00) ★ ★ "Atomic Train" (1999, Action) Rob Lowe, Esai Morales. [E]				★★★★ "Trucks" (1997) Timothy Busfield. [E]																	
61	41	SPK		Maximum Exposure [E]				Wildest Police Videos [E]				CSI: Crime Scn [E]				CSI: Crime Scn [E]				MXC (N) [E]					
39	51	TLC		While You Were Out [E]				Clean Sweep "Fashion for Clutter" [E]				In a Fix A husband won't help redecorate. [E]				World's Most Death Defying Stunts [E]				Dubblehaulin' [E]					
28	37	TNT		NBA Basketball [E]				NBA Basketball [E]				Los Angeles Lakers at Dallas Mavericks. [E]				Inside the NBA [E]									
51	86	TRAV		World's Best [E]				America's Best [E]				Battles on the Beach [E]				World's Best [E]				America's Best [E]					
21	82	TVLND		Highway to Heaven [E]				Griffith [E]				Leave [E]				Sanford [E]				All-Family [E]					
60	89	UNIV		Apuesta por un Amor [E]				Amor Real [E]				Aquí y Ahora [E]				Impacto [E]				Noticiero [E]					
20	34	USA		Law & Order: SVU [E]				★★★★ "The First Wives Club" (1996) Goldie Hawn. [E]				Club [E]				★★★★ "Sabrina" (1995) [E]									
12	3	WB		Friends [E]		Everybody-Everyday [E]		The Starlet [E]		The Starlet [E]				News [E]				Friends [E]				Will & Grace [E]			
99	36	WGN		McCloud "Butch Cassidy Rides Again" [E]				WGN News at Nine [E]				Becker [E]				Becker [E]		Home Delivery [E]							