



CASUAL Day Frequently Asked Questions

What is CASUAL Day?

CASUAL (**C**olon **C**ancer **A**wareness **S**aves **U**nlimited **A**dult **L**ives) Day is a program to raise awareness about the importance of screening and early detection for colon cancer in northeast Pennsylvania. The event takes place each year at the end of March - Colorectal Cancer Awareness Month. On this day, participants dress CASUAL while wearing specially designed CASUAL socks, and/or custom t-shirts (long-sleeve or short-sleeve) to promote awareness and have a casual conversation about colon cancer.

How did CASUAL Day evolve?

In February of 2002, Helen Phillips was diagnosed with colon cancer. Less than six months later, the cancer took her life. In 2003, Helen's family and friends approached the Cancer Institute to undertake a community awareness initiative to promote colorectal cancer screening - a preventative act which might have saved Helen's life. In 2022, more than 6,000 individuals participated in CASUAL Day. All proceeds stay in northeast Pennsylvania. 2023 marks 20 years of this community awareness campaign.

Why is it important to bring awareness to colorectal cancer?

Colon and rectal cancers are one of the most frequently diagnosed cancers in areas of northeast Pennsylvania with incidence rates about 13% higher than the United States average. Over 525 new cases are diagnosed, and nearly 200 patients die from colon cancer each year in Lackawanna, Luzerne, Monroe, Pike, Susquehanna, Wayne, and Wyoming counties.

How are CASUAL Day proceeds used?

Proceeds from the event benefit Northeast Regional Cancer Institute efforts to raise colorectal cancer awareness and support colorectal cancer screenings for low income, un/underinsured individuals.

How do I participate in CASUAL Day?

You can get involved in CASUAL Day 2023 by agreeing to be a Team Captain for your workplace or organization, and enlisting a team to participate. As a Team Captain, you collect \$10 for CASUAL socks, or \$20 for a colon cancer awareness t-shirt (short-sleeve or long-sleeve) from participants to be worn on Thursday, March 30. Team members can dress casual (as determined by your workplace or organization) and spread the word about colon cancer awareness.

How do I become a Team Captain?

To become a Team Captain, please register online at www.cancernepa.org. Scroll down and click on the blue "CASUAL Day logo." Fill out the "Team Captain Registration" form. Your username will be sent to the e-mail address you provide. Once you receive your username, you can begin ordering t-shirts and socks online. If you do not have Internet access, contact the Cancer Institute at **(570) 904-8808**.

Non-Traditional Ways to Get Involved

If your business cannot participate on CASUAL Day, you can still participate in this campaign by purchasing a t-shirt or pair of socks as an individual. Additional ways to participate include, but are not limited to hosting dress down days, jean days, bake sale or making a personal donation to benefit CASUAL Day.



Northeast Regional
Cancer Institute