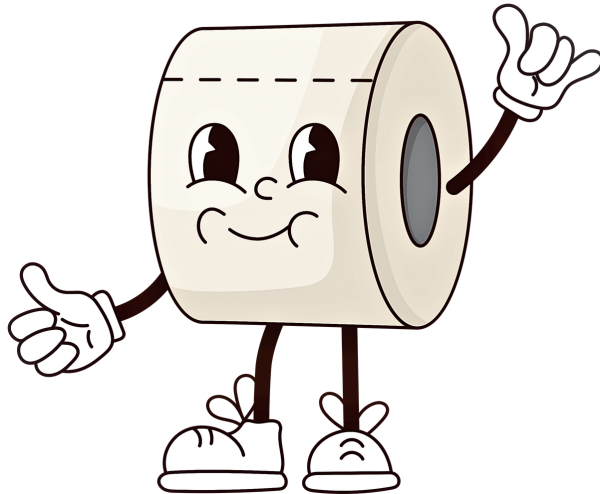
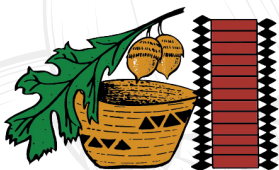


The Porcelain Throne Times

A 3-Minute Bathroom Read About Doing the Thing That Could Save Your Life





Tuolumne Me-Wuk Indian Health Center

209.928.5400 • tmwihc.org



***Honoring the Past,
Healing the Present***

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Welcome to the Bathroom

You didn't plan to read a book today, but here you are—on the porcelain throne, where all great life decisions are made.

Today's Topic...Colon Health

Why here? Because if we're going to talk about poop, tradition demands we do it in the bathroom.

The ancestors would approve.

*If you're reading
this, you're either
avoiding work,
hiding from your
family, or both.
No judgment.*



Meet the Star of the Show

This story stars Cologuard.

It's a colon cancer screening test you do at home. No hospital. No awkward gown. No "count backwards from ten."

Side note:

***If medical gowns were honest, they'd be labeled:
"One Size: Emotionally
Vulnerable."***

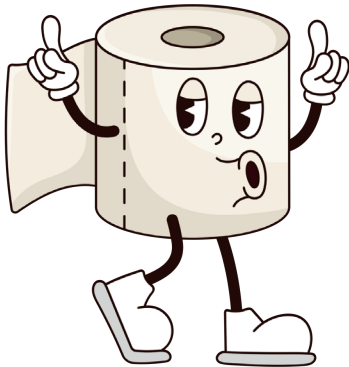
***Cologuard lets you stay in
your comfort zone—aka
sweatpants.***



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Why This Actually Matters

Colon cancer is sneaky. It doesn't always cause symptoms, which means it likes to show up uninvited—like a relative who “just stopped by.” Screening helps catch problems early, when they're easier to deal with.



Ignoring your colon is like ignoring the “check engine” light and hoping the car just... figures it out.

The Box Arrives

One day, a box shows up.

It looks official. Serious.

Mildly intimidating.

You open it anyway. Growth.

Inside are clear instructions and everything you need.

Side note:

This box contains fewer parts than IKEA furniture and requires zero Allen wrenches.

You're already winning.

Take a deep breath. You've handled worse mail.



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The Main Event

Yes, this is the part you're thinking about.

You do your business.

You follow the steps.

You realize... this is actually fine.



*Side note:
You've scrolled social media
while eating lunch.
This is objectively less
questionable.
Also—bonus—you're already in
the right room. Timing is
everything.*

Seal, Mail, Strut

You seal everything up securely.

You place it back in the box.

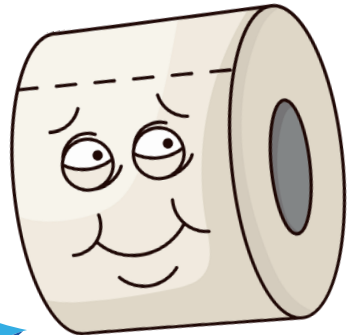
You mail it.

Side note:

Postal workers have seen everything.

This does not rank.

Walk away confidently. You have completed a heroic act of preventative health.



The Waiting Part

Now you wait for the results.

You go about your life:



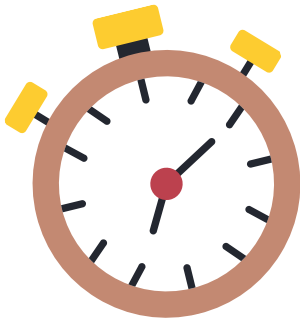
Drinking coffee



Complaining about gas prices



Wondering why group texts
never stop



Side note:

***This is the calmest medical
waiting period you will ever
experience. No hospital
magazines from 2009.
Peace of mind is loading...***

Final Thoughts from the Throne

Doing Cologuard isn't glamorous.
Neither is flossing. Or oil changes. Or matching
socks. But it's smart. It's simple.
And it helps you stick around longer for the
good stuff.

Your colon will never say thank you.
But silence, in this case, is a beautiful thing.



*Final side note (important):
Wash your hands.
Like... really wash them.
Close the book.
Flush with pride.
And when your doctor says
it's time,
do the test!*