

5 STEPS TO LOWERING YOUR RISK OF COLORECTAL CANCER

- 1** Get regular colorectal screening tests beginning at age 50. If you have a personal or family history of colorectal cancer, or colorectal polyps, or a personal history of inflammatory bowel disease, you may need to be tested earlier and should talk with your health care professional about when. If you are African American, you may need to begin screening at age 45.
- 2** Maintain a healthy weight by eating a low-fat diet rich in fruits and vegetables and whole grains from breads, cereals, nuts and beans.
- 3** If you use alcohol, drink only in moderation.
- 4** If you use tobacco, quit. If you don't use tobacco, don't start.
- 5** Exercise moderately for 30 to 60 minutes a day, five days a week. Try walking, gardening, or climbing steps — or any activity that burns 150 calories of energy a day.

March is National Colorectal Cancer Awareness Month, founded by the Cancer Research and Prevention Foundation in collaboration with many partner organizations. Colorectal cancer is preventable, and is easy to treat and often curable when detected early. Talk with your health care professional about colorectal cancer today.



To learn more, visit our Web site at www.preventcancer.org/colorectal