March—National Colorectal Cancer Awareness Month

FIVE STEPS TO LOWER YOUR RISK OF COLORECTAL CANCER

Colorectal cancer is preventable, and it is easy to treat and often curable when detected early. To reduce your risk for developing 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. Talk with your health care professional about when to be tested and the screening options. 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 DRINK ALCOHOL, DRINK ONLY IN MODERATION.

4. DON’T USE TOBACCO
If you use tobacco, quit. If you don’t use tobacco, don’t start.

5. EXERCISE MODERATELY . . . for 30 to 60 minutes a day, at least five days a week. Try walking, gardening, or climbing stairs—or any activity that burns 150 calories a day.

To learn more, visit website http://www.preventcancer.org/colorectal.


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