

REDUCE YOUR RISK OF

Colon Cancer

2ND LEADING CAUSE OF CANCER DEATH



MAINTAIN
A HEALTHY
WEIGHT

AND AVOID
BELLY FAT



GET REGULAR
MODERATE
PHYSICAL
ACTIVITY



EAT PLENTY OF
HIGH-FIBER FOODS



LIMIT YOUR
ALCOHOL
INTAKE

NO MORE THAN 2
DRINKS FOR MEN
AND 1 FOR WOMEN

REDUCE
RED MEAT
AND AVOID
PROCESSED MEATS



GO HEAVY ON
THE **GARLIC**

COLORECTAL CANCER IS PREVENTABLE GET SCREENED!

COLORECTAL CANCER DOESN'T ALWAYS CAUSE SYMPTOMS

MOST COLORECTAL CANCERS OCCUR IN PEOPLE WITH NO FAMILY HISTORY

SCREENINGS ARE RECOMMENDED FOR MEN AND WOMEN BEGINNING AT AGE 50

THERE ARE SEVERAL KINDS OF SCREENING TESTS FOR COLORECTAL CANCER



SOURCE: American Institute for Cancer Research and Screen for Life National Colorectal Cancer Action Campaign