

## Colorectal Cancer Awareness

### Screening Saves Lives

Colorectal cancer is the second deadliest cancer in the United States. Yet, it's one of the few cancers that's preventable thanks to screening. The United States Preventive Services Task Force (USPSTF) recommends that all people at average risk begin getting checked at age 45.

Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease. In addition, screening can also find colorectal cancer early, when treatment is most effective. About nine out of every ten people whose colorectal cancers are found early and treated appropriately are still alive five years later.

### REDUCE YOUR RISK OF COLORECTAL CANCER

*There are things you can do to help lower your risk, such as changing the risk factors that you can control.*



#### QUIT SMOKING

Long-term smoking is linked to an increased risk of colorectal cancer.



#### EXERCISE REGULARLY

Get at least 30 minutes of physical activity a day.



#### EAT A HEALTHY DIET

Eat a variety of fruits, vegetables and whole grains.



#### LIMIT ALCOHOL

Studies have found a higher risk of colorectal cancer with increased alcohol intake.



#### GET SCREENED

Have recommended screenings beginning at age 45.

*Talk to your doctor about family history and increased risk factors*

SOURCES: Colorectal Cancer Alliance, Center for Disease Control & Prevention, American Cancer Society