



MARCH IS COLORECTAL CANCER AWARENESS MONTH

COLON CANCER FACTS



½ OF ALL COLON CANCER DEATHS
COULD BE **PREVENTED** IF PEOPLE
GOT TESTED REGULARLY



1 IN 20
AVERAGE INDIVIDUAL RISK



**#2 LEADING CAUSE OF
CANCER DEATHS AMONG MEN
AND WOMEN IN THE U.S.**

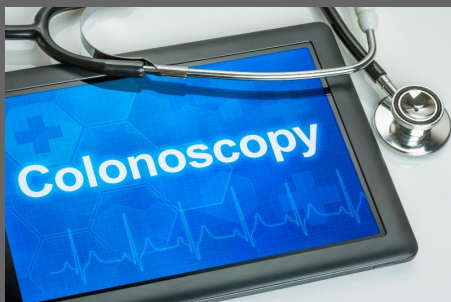


**90% OF NEW CASES OCCUR
IN PEOPLE 50 OR OLDER**



**THERE ARE 1+ MILLION
CURRENT CANCER
SURVIVORS IN THE U.S.**

If you have questions consult your doctor, not the internet!



A simple screening could save a life

Colonoscopies are recommended to all patients 50 or older. A colonoscopy is a safe, painless outpatient procedure used to check for cancer or precancerous growths (polyps). Colon Cancer often presents little or no symptoms, making a preventive screening your best defense.*

**Those with a family history of colon cancer should get a screening ~10 years ahead of schedule. Talk to your doctor about your options.*

Colorectal Cancer is preventable, treatable and beatable!

Lifestyle changes may reduce your risk of Colon Cancer. Take steps to:

- Get a screening
- Eat healthy and exercise
 - *A good diet for digestive health means less red meat, more fruits, vegetables, and whole grains. Alcohol only in moderation.*
- Quit smoking
- Maintain a healthy weight

