

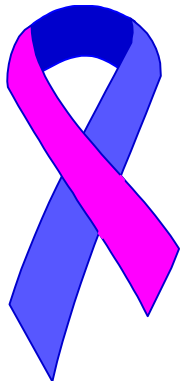
## Controlling your risk: Colorectal cancer facts

**Cancers of the colon and rectum** are common. They develop from polyps (non-cancerous growths) in the lower bowel. Finding and removing these polyps may prevent cancer.

**Screening should begin at age 50, or earlier** depending on your risks. Talk with your medical provider about which tests are right for you. Some experts recommend...

- fecal occult blood test yearly, and/or
- sigmoidoscopy every 5 years, and/or
- special barium enema every 10 years, and/or
- colonoscopy every 10 years.

**Your colorectal cancer risks are higher if you ...**



- are 50 or older.
- eat a diet high in fat and calories and low in fiber.
- have adenomatous (precancerous) polyps in your bowel.
- have already had colorectal cancer.
- have had cancer of the breast, uterus, or cervix.
- had a mom, dad, or sibling with bowel cancer before the age of 60 or more than one close relative has had colorectal cancer.
- have had ulcerative colitis or Crohn's disease.

**Talk to your provider** within a month (or sooner) of noticing unexplained bowel changes such as...



- a change in how often you have a bowel movement.
- diarrhea or constipation.
- blood in your stool. It can be bright or dark red.
- narrower shape of your stool.
- frequent gas, bloating, fullness or cramps.
- feeling tired all the time.
- abdominal bloating or vomiting.

**Lifestyle matters too!**

Eat high fiber food daily. Include a variety of vegetables, whole grain foods and fruit.



Avoid “bad fats” like animal fats, hydrogenated oils, or trans-fatty acids.



If you are female, limit alcoholic drinks to 1 or fewer daily. Avoid binge drinking.

If you are male, limit alcoholic drinks to 2 or fewer daily. Avoid binge drinking.

Walk or do some other form of physical activity for at least 150 minutes each week.

