



COLORECTAL CANCER AWARENESS MONTH

6 STEPS TO LOWERING YOUR RISK OF COLORECTAL CANCER

1. Get regular colorectal cancer screenings beginning at age 50. If you have a personal or family history of colorectal cancer or colorectal polyps, or a personal history of another cancer or inflammatory bowel disease, talk to your doctor about earlier screening.
2. Eat between 25 to 30 grams of fiber each day from fruits, vegetables, whole grain bread and cereals, nuts and beans.
3. Eat a low-fat diet.
4. Eat foods with folate such as leafy green vegetables.
5. If you use alcohol, drink only in moderation. Alcohol and tobacco in combination are linked to colorectal cancer and other gastrointestinal cancers. If you use tobacco, quit. If you don't use tobacco, don't start.
6. Exercise for at least 20 minutes three to four days each week. Moderate exercise such as walking, gardening, or climbing steps may help reduce your risk.

March is National Colorectal Cancer Awareness Month. Talk to your colorectal surgeon or other healthcare provider about colorectal cancer. Colorectal cancer is preventable, and is easy to treat and often curable when detected early. Ask your healthcare provider what kind of screening test you should have and when.

To learn more, visit the American Society of Colon and Rectal Surgeons website at www.fascrs.org or www.preventcancer.org/colorectal.htm or call 1-877-35-COLON.

Colorectal Cancer Awareness Month was founded by the Cancer Research Foundation of America in collaboration with the National Colorectal Cancer Roundtable and the American Digestive Health Foundation.



American Society of Colon
and Rectal Surgeons