

PREVENT COLON CANCER AT ANY AGE

You can reduce your colon cancer risk at any age. See what YOU can do!

Starting in your 20s...

- **Learn your family's medical history.** Identify any history of colon cancer. Conditions such as Lynch Syndrome and inflammatory bowel disease can also increase one's risk.
- **Are you a smoker? Quit ASAP!**
- **Don't overdo it on alcohol.** Excessive alcohol intake is associated with increased risk for colon cancer.
- **Cut the fat.** Studies suggest diets high in red meat and fat may increase your risk.
- **Increase veggies and fiber.** Diets higher in fiber, folate, and calcium have been found to promote colon health.
- **Get moving!** Studies have shown that daily physical activity can decrease colon cancer risk as much as 50%.

Starting in your 40s...

- **Check in on the latest screening guidelines** for colon cancer. The medical community may change them based on new research.
- **Refresh yourself on the symptoms** of colon cancer. Report any to your doctor.
- **Keep up on your early screening schedule** if your doctor recommends it.
- **Maintain a healthy weight.** As your body ages, exercise & good diet is still important.

Starting in your 30s...

- **Learn the symptoms** of colon cancer. Know them, and alert your doctor if you see them. There has been a recent rise in colon cancer among younger people.
- **Ask your doctor if early screening is right for you** if you have a family history of colon cancer or related conditions that may increase your risk, such as Crohn's disease or ulcerative colitis.
- **Eat healthy & exercise.** Eating well and staying active when you're young reduces your chances of many conditions, including cancer. Reduce intake of red and processed meats. Increase your intake of fiber, fruit and vegetables.

When you reach 45...

- **GET SCREENED!** Whether or not you have a family history, now is the time to speak your doctor about colon cancer screening, and which diagnostic method is right for you. 1 in 3 adults between 45 and 75 years old currently are not being tested as recommended.

Time for colon cancer screening? #MakeThatCall:
makethatcall.org / 1-877-902-2232