







colorectal cancer

COLORECTAL CANCER (COLON CANCER) IS CANCER OF THE COLON (LARGE INTESTINE) OR RECTUM. Colon cancer is the 2nd leading cause of cancer deaths and the 3rd cause of deaths in the US. You can lower your risks of and prevent colorectal cancer:

- Stay at a healthy weight
- Be physically active
- Eat a high-fiber, low-fat diet
- Limit the amount of alcohol you drink
- Don't use tobacco in any form
- Get screened for colorectal cancer as recommended

GUT CHECK -TALK WITH YOUR PROVIDER ABOUT SCREENING ESPECIALLY IF YOU ANSWER "YES" TO ANY QUESTION BELOW:

	YES	NO
 <p>ARE YOU 50 YEARS OR OLDER?</p>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>HAVE YOU BEEN DIAGNOSED WITH INFLAMMATORY BOWEL DISEASE, CROHN'S DISEASE, OR ULCERATIVE COLITIS?</p>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>DO YOU HAVE A PERSONAL OR FAMILY HISTORY OF COLORECTAL CANCER OR COLORECTAL POLYPS?</p>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>DO YOU HAVE A GENETIC SYNDROME THAT INCREASES YOUR RISKS?</p>	<input type="checkbox"/>	<input type="checkbox"/>

IN THE US, 140,000 ARE DIAGNOSED WITH & 51,000 DIE FROM COLORECTAL CANCER. AN ESTIMATED 60% OF COLORECTAL CANCER DEATHS COULD BE PREVENTED WITH PROPER SCREENING...TALK WITH YOUR HEALTH CARE TEAM TODAY ABOUT YOUR RISKS AND SCREENINGS.