



Colon Cancer Prevention Project

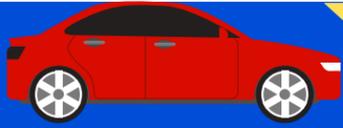
KickingButt.org

PREVENT

COLON CANCER THROUGHOUT YOUR LIFE

For local info, contact:

START



WE ALL HAVE A COLON! FOLLOW THIS PATH TO PREVENT COLON CANCER!

GET MOVING!

REGULAR EXERCISE REDUCES YOUR RISK!



MAINTAIN A HEALTHY WEIGHT.

OBESITY INCREASES YOUR RISK.



REMEMBER: It's great to start early, but it's never too late to make healthy changes!

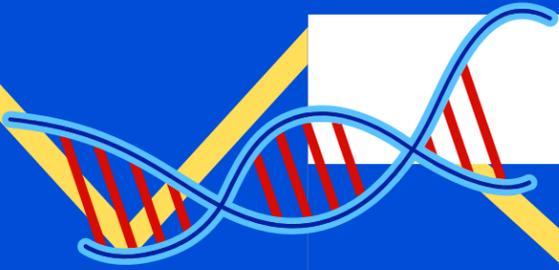
KNOW YOUR FAMILY HISTORY

A family history of colon cancer or polyps increases your risk and means **earlier screening is needed.**

LIMIT RED AND PROCESSED MEATS AND EAT PLENTY OF FRUITS AND VEGETABLES



DON'T USE ANY TOBACCO PRODUCTS!



Based on your family history, you might be a good candidate for genetic testing. Talk to your doctor.

KNOW THE SYMPTOMS

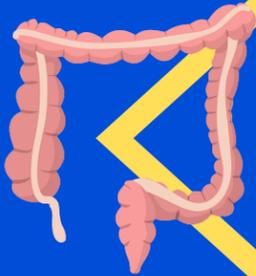


- Bloody stools
- Fatigue
- Abdominal pain
- Unexplained weight loss
- Constipation/diarrhea



HAVING SYMPTOMS? SEE YOUR DOCTOR IMMEDIATELY!

Inflammatory Bowel Disease like **Crohn's** or **Colitis** increase your risk. **You will need earlier screening!**



BY 35, ASK YOUR DOCTOR WHAT AGE YOU NEED SCREENING AND DISCUSS YOUR OPTIONS.

35

If you have a family history, you should be screened **by 40** or **10 years before your family member's diagnosis.**

45

BY THE END OF YOUR 45TH YEAR, YOU SHOULD HAVE BEEN SCREENED.



REMEMBER

Whether your doctor finds polyps or not, **follow through with your surveillance and screening schedule!**