



Colon Cancer
Prevention
Project

KickingButt.org

PREVENT COLON CANCER THROUGHOUT YOUR LIFE

For local info,
please contact:

START



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



**GET MOVING!
EXERCISE REDUCES
YOUR RISK!**

**MAINTAIN A HEALTHY
WEIGHT. OBESITY
INCREASES YOUR RISK.**



KNOW YOUR FAMILY HISTORY.

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

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



**LIMIT RED AND
PROCESSED MEATS.**



**DON'T USE
TOBACCO
PRODUCTS!**



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

KNOW THE SYMPTOMS

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

HAVING SYMPTOMS? SEE YOUR DOCTOR IMMEDIATELY!



Inflammatory Bowel Diseases like Crohn's or Colitis increase your risk.

You will need earlier screening!

35

AT 35, ASK YOUR DOCTOR WHAT AGE YOU NEED SCREENING AND WHAT CHOICES ARE AVAILABLE.

45

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

SCREENED

REMEMBER

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