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.

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

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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!

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