3 TIPS TO HELP LOWER YOUR RISK OF COLON CANCER

Colorectal cancer is one of the most common cancers and is the third-leading cause of cancer deaths in the United States. Roughly four percent of men and women in the United States will develop colon cancer in their lifetime. There is no sure way to prevent colon cancer, but you can take steps to lower the risk.

1. Maintain a healthy lifestyle.
   - **Consume a diet full of several fruits, vegetables and whole grains.** People that have consistent diets that include fruits, vegetables and whole grains have been linked to decreased risk of colon cancer.
   - **Exercise regularly.** People that are less physically active have increased risk of developing colon cancer. Increasing exercise may reduce your risk.
   - **Maintain a healthy body weight.** People who are obese are about 30 percent more likely to develop colorectal cancer. Maintaining a normal, healthy body weight can lower the risk.
   - **Avoid heavy alcohol use.** Studies demonstrate that people who heavily drink alcohol have a 50 percent increased risk of developing colorectal cancer, compared to light or non-drinkers.

2. Understand your family history.
   - **Having family members with a history of colon cancer can put you at a higher risk and it is estimated that up to 10 percent of colon cancers are hereditary.**
   - A family history of colon cancer could make you a candidate for early screening. Also, you may want to speak with your doctor about genetic testing. Genetic testing can determine if you carry a mutation that increases the risk of colon cancer. The easiest way to get started is by taking a one-minute hereditary cancer quiz at: www.hereditarycancerquiz.com/coloncancer

3. Get a colonoscopy at the appropriate age.
   - **The American Cancer Society now recommends that people with average risk start colon cancer screenings at the age of 45.** Screenings, such as a colonoscopy, can find colon cancer at earlier stages, which could improve health outcomes.

REFERENCES:

Diet tips:
https://www.medicalnewstoday.com/articles/321177#Prevention.—What-to-eat

Exercise tips:

Preventing obesity:

Alcohol consumption:

Family history:
II. https://mysupport360.com/cancers/colon-cancer/

ACS guideline for colorectal cancer screening:

We hope this information has been useful. If so, please share it with others so they can learn about ways to reduce their risk of colon cancer.