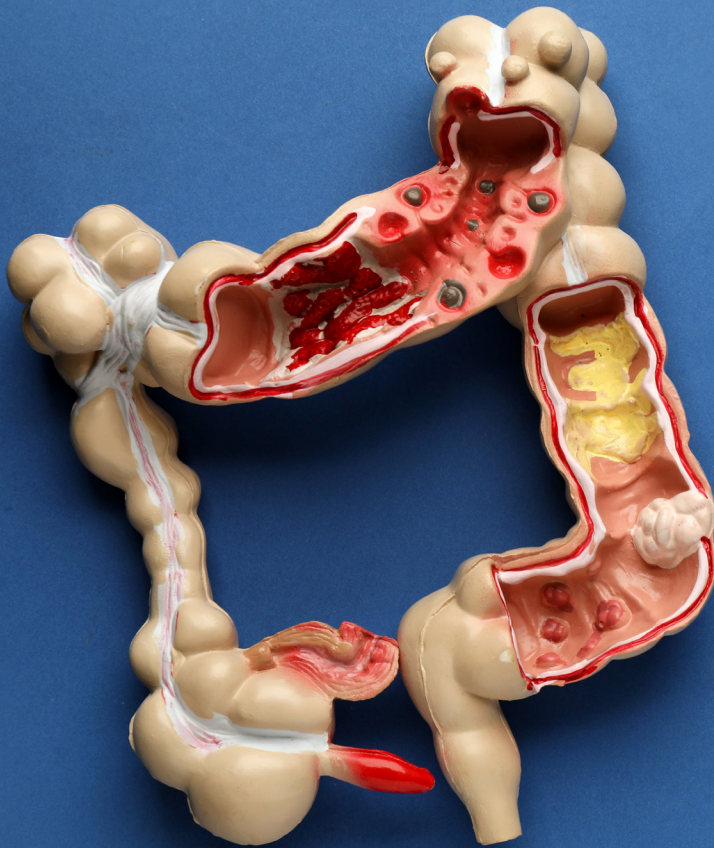


Colorectal cancer

In the U.S., cancer in the colon or rectum is the 4th most common type of cancer diagnosed in men and women. Finding cancers of the colon and rectum in their early stages allows for more successful treatment.



Discuss screening for colorectal cancer with your doctor if you are age 45 and older (earlier if you have a family history of colorectal cancer).

To help prevent colon cancer, get to and stay at a healthy weight. Get regular physical activity. Eat plenty of vegetables, fruit, and whole grains. Limit red meat and processed meats, like hot dogs and sausage. Also, avoid or limit alcohol and quit smoking.

Learn more about colorectal cancer, including current guidelines on screening methods from [cancer.gov/types/colorectal](https://www.cancer.gov/types/colorectal).