

Prevent colorectal cancer

Get recommended screenings for colorectal cancer to remove any pre-cancerous tumors before they turn into cancer. Screenings can also find cancer early when treatment is more successful.

What's your risk?: Discuss with your doctor your risk level and which type of screening is best for you. Screening is recommended to begin at age 45 for average risk people.

Eat wisely: Eat a diet with plenty of vegetables, fruits and whole grains, and low in red and luncheon meats.

Be active: Get at least 150 minutes of moderate physical activity every week.

Limit alcohol: If you drink alcohol, limit your intake to no more than two drinks a day for men and one drink a day for women.

