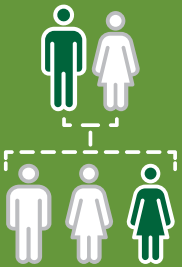


# What can you do to help prevent colorectal cancer?

# 45<sup>+</sup>

## Get screened regularly

especially after age 45 or as recommended by your doctor



### Know your family history

of colorectal polyps or colorectal cancer



### Stay at a healthy weight

and avoid belly fat



### Be active

with moderate to vigorous exercise, at least 30 minutes, 3 times a week



### Eat healthy

by limiting red and processed meats and increasing vegetables, fruits, whole grains and unprocessed foods



### Limit alcohol

to 1-2 drinks per day, at most



### Quit smoking

or don't start

## Prevention is important. But screening is KEY.

Talk with your doctor about which screening option is right for you.