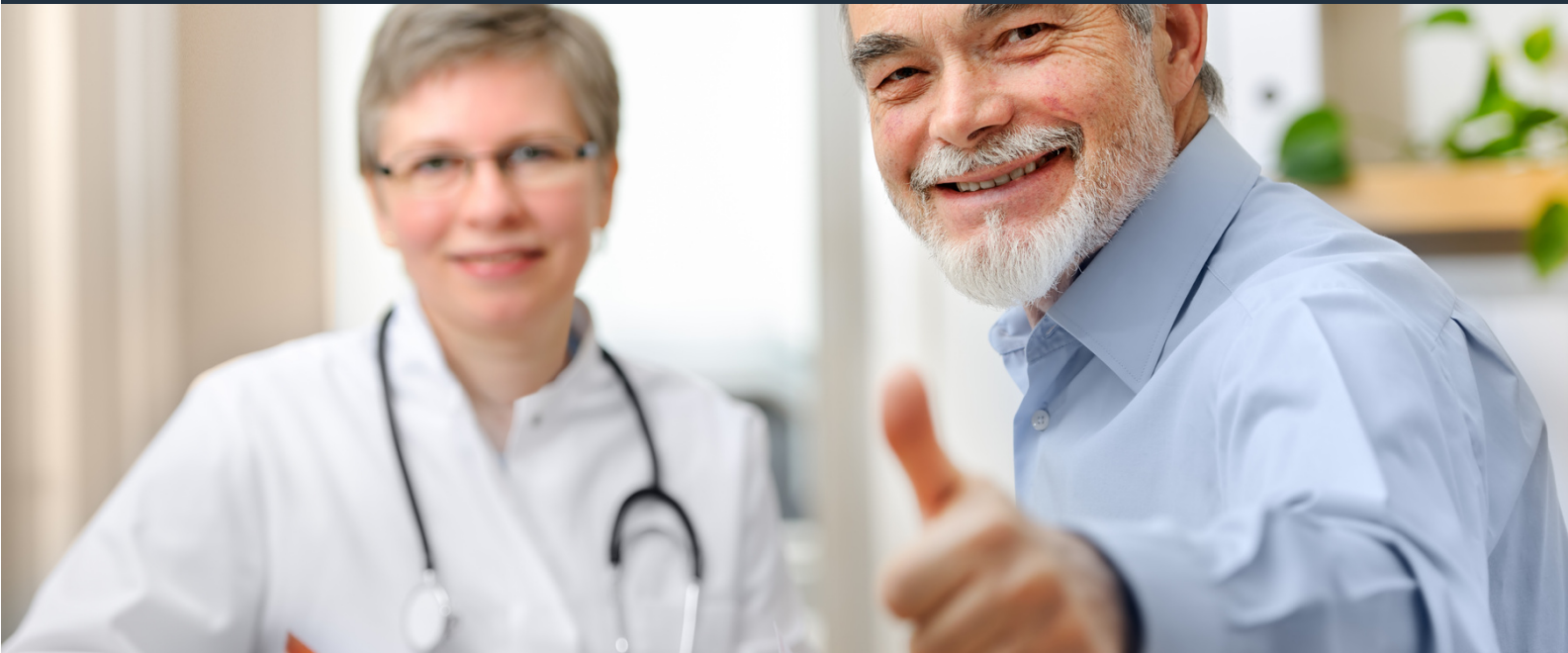




**OneTGH  
EMPLOYER  
SOLUTIONS**

## Colon Cancer



### **Can I lower my chances of colon cancer?**

#1. Get screened for colorectal cancer, beginning at age 45 for most people. Polyps without symptoms can lead to colon cancer and can be removed.

The exact cause of colorectal cancer remains unknown, but there are clear risk factors. For instance, ulcerative colitis or Crohn's increase risk. Unavoidable risks are aging and family history. However, 2/3 of those diagnosed with colorectal cancer have no family history of colorectal cancer.

#2. Don't smoke. Individuals who smoke are more likely than nonsmokers to develop and die from colorectal cancer.

#3. Watch what you eat. Colorectal cancer may be associated with a diet low in fiber and high in calories and fat. Medical providers recommend a diet low in animal fats and high in fruits, vegetables, and whole grains to reduce risks of cancers and other chronic diseases, such as heart disease and diabetes. Eat less red meat (beef, pork, or lamb) and processed meats (hotdogs and some luncheon meats) as these foods have been linked with an increased risk of colorectal cancer.



OneTGH  
EMPLOYER  
SOLUTIONS

## Colon Cancer

#4. Watch your weight. Obese/overweight individuals have an increased risk of developing and dying from colorectal cancer. Carrying extra pounds increases your risk of colon cancer, as well as other cancers such as breast (in post-menopausal women), rectum, esophagus, pancreas, and kidney cancer. Losing weight, if you are overweight, will decrease your risk of colorectal cancer. Talk to your provider if you need help losing weight.

#5. Get moving. If you are inactive, you are more likely to develop colorectal cancer. Increasing physical activity and exercising regularly may reduce your risk of colorectal cancer. Instead of watching T.V, plan a brisk walk and enjoy the beauty of Florida. Talk to your provider regarding establishing an appropriate exercise routine based on your health history.

#6. Limit alcohol consumption. Heavy alcohol use can increase your risk of colorectal cancer. If you do choose to drink alcohol, do so in moderation. This means no more than one drink a day for women or two drinks a day for men.

#7. Researchers are looking at the role of medicine to prevent colorectal cancer. The U.S. Preventive Services Task Force found that taking low-dose aspirin can help prevent both cardiovascular disease and colorectal cancer in some adults, depending on age and their risk factors. Before taking any new medicine, consult with your medical provider to get the right advice for you.

**Healthy habits related to diet, weight, exercise are strongly linked to colorectal cancer risk. Changing lifestyle and habits can be hard. But remember that healthy changes now will lower your risk of developing problems later - like colorectal cancer and other serious conditions like diabetes and heart disease.**

