



BlueResource<sup>SM</sup> – Protecting Your Health – Screening for Colon Cancer

## Prevent, Treat and Beat Colon Cancer

No one *likes* to talk about colon cancer. And that's okay, as long as you take action. After all, colon cancer is a leading cause of cancer deaths in the United States. You can take steps to detect it early. Here are ways you can protect yourself.

**Lower your risks.** Stop smoking, lose weight if you need to, get plenty of exercise and eat foods rich in fiber. A healthy lifestyle can help prevent cancer.

**Know your family history.** Find out if anyone in your family (parents, grandparents, sisters, brothers) have been diagnosed with colon cancer. If so, tell your doctor.

**Watch for symptoms.** Tell your doctor if you have cramping in your lower stomach, unexplained weight loss or a change in bowel habits. They can all be warning signs.

**Get a colonoscopy.** Talk with your doctor about when you should be screened and how often. Your age and family history will play a role in deciding what's best for you.



**Know how to reduce your risks for colon cancer.**