

Lower Your Risk of Colon Cancer

Ontario Health Team
Northumberland



Ontario
Health

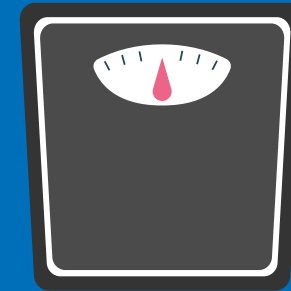


START

We all have a colon!
Follow this path to
lower your risk of
colon cancer.

Stay Active!

Regular exercise
reduces your risk.



Maintain a
Heathy
Weight.

Obesity increases your risk.



Limit Red and
Processed Meats



and

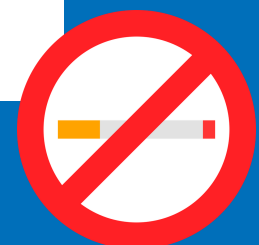
Eat Plenty of Fruits
and Vegetables



Limit the
Amount of
Alcohol you
drink.



Don't Use Any
Tobacco
Products!



Know Your Family History



A family history of colon
cancer or polyps increases
your risk and means **earlier
screening is needed.**

Based on your family history, you
might be a good candidate for
genetic testing. Talk to your
doctor or nurse practitioner. If
you do not have a doctor, call 811.



Inflammatory Bowel
Disease like Crohn's or
Colitis increase your
risk. **You will need
earlier screening!**



**Having Symptoms?
See Your Doctor
Immediately.**



Know the Symptoms

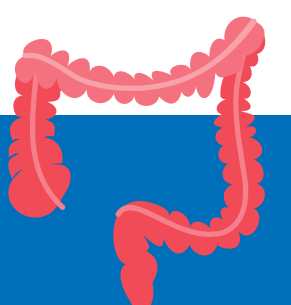
- Bloody stools
- Abdominal pain
- Unexplained weight loss
- Fatigue
- Constipation/diarrhea

50 to 74? Average Risk?

You should **get screened once every 2 years** with the fecal immunochemical test (FIT).*

Increased Risk?

You should get screened with colonoscopy starting at age 50, or 10 years earlier than the age your relative was diagnosed, whichever comes first.



*You may also choose to get screened with flexible sigmoidoscopy every 10 years instead of FIT.