



You can help prevent colorectal cancer.

If you're age 45 or older, you should start getting screened for colorectal cancer.

Colorectal cancer is one of the leading causes of cancer death in men and women. Yet with regular screening, it can often be prevented or found at an early stage, when it is small and treatment is more likely to be successful.

Preventing colorectal cancer or finding it early doesn't have to be expensive or complicated. There are several types of tests available, including some you can do

at home. Talk to your health care provider about which ones might be good options for you. No matter which test you choose, the most important thing is to get tested.

You might also be able to lower your risk for colorectal cancer by changing the risk factors that you can control. Things like being physically active, staying at a healthy weight, eating a healthy diet, and avoiding alcohol may help lower your risk.



To learn more, visit the American Cancer Society website at cancer.org or call us at **1-800-227-2345**. We're here when you need us.