



# Americans aren't being screened as recommended.

Colorectal cancer screening for all genders should start at 45.



# FIND A WELCOMING PROVIDER BEFORE YOU NEED ONE, AND DISCUSS YOUR FAMILY HISTORY AND OTHER RISK FACTORS.

## Risk factors you can control:

- **Don't smoke or vape**, and quit if you are.
- **Limit alcohol consumption** (less than 2 drinks per day).
- **Exercise** and **maintain a healthy diet** high in fiber and low in red and processed meats (hot dogs, ground beef, salami, etc.).

## Risk factors you can't control:

- Your **age** (risk increases over the age of 45).
- **Personal history** of Crohn's disease or ulcerative colitis.
- A **family history** of colon and other cancers as well as polyps.

Early stage cancer **may not show symptoms**. Your family history of colon cancer means screening should begin before 45. Talk to your doctor about when screening should begin for you.

**Talk to a trusted care provider about when you should begin colorectal cancer screening and your screening options. There are screening tests that can be done in the privacy of your own home.**

## COLORECTAL CANCER SIGNS AND SYMPTOMS:



- Blood in your stool
- Change in bathroom habits
- Fatigue
- Anemia
- Unexplained weight loss
- Persistent cramps or low back pain
- Feeling bloated

Talk to your health care provider if you regularly experience one or more of these symptoms.