



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.