

Question your **Colon** Health



Questioning your colon health is the first step to aid in prevention.

According to the American Cancer Society, colorectal cancer is the 2nd leading cause of cancer death in the United States, yet it is one of the most preventable types of cancer. With regular screenings and lifestyle changes, this deadly disease is preventable and treatable when detected early.

Colon cancer screenings allow for polyps (abnormal growths in the colon that are potential causes for colon cancer) to be found and removed before cancer develops. Screenings also aid in detecting cancer at its earliest stages when it's easiest to treat.

How can you help lower your chances (or someone you love) from developing colon cancer?



Get screened. If you're 45 or older, talk to your primary care provider (and check with your insurance provider) today about screening for colorectal cancer. Screening and early detection is key in prevention.



Your history can help predict your future. If you have risk factors, such as a family history of colon cancer or polyps or if you have inflammatory bowel disease, talk to your primary care provider about seeing a gastroenterologist that may recommend you start screenings earlier or be screened more often.



Be kind to your body. Limit alcohol intake, quit smoking and get plenty of sleep. Be active- commit to some form of physical activity for at least 30 minutes per day. Watch what you eat — avoid processed meats like hot dogs, bacon and sausage. Limit red meat intake to no more than 18 ounces per week.



There's knowledge in sharing. Talk to your doctor about a colon health screening and encourage others to question their colon health too!

Talk to your primary care provider today about a colon screening. If you don't have a primary care provider, Baptist Health can help!



Baptist Health

REQUEST AN APPOINTMENT
by calling **1-888-BAPTIST (888) 227-8478**
or visit **QuestionYourColon.com**