

Colorectal cancer

Tips to lower your risk

Get screened.

Screening exams for colorectal cancer can find the disease early, when it's most treatable.

Maintain a healthy weight.

High body weight is linked to an increased risk of colorectal cancer.

Exercise regularly.

Aim for at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week.

Eat healthy meals.

Make 2/3 of your plate vegetables, whole grains and fruit. The other 1/3 should be lean animal protein or plant-based protein.

Limit red and processed meat.

The more you eat, the more you increase your risk. Processed meat includes bacon, deli meats and hot dogs.

Limit alcohol.

For cancer prevention, it's best not to drink alcohol. If you choose to drink, be aware of the risks, aim to drink less often and have fewer drinks.

Avoid all forms of tobacco.

Visit SmokeFree.gov or text QUIT to 47848 for help.



Colorectal cancer is cancer of the colon and rectum.

Beginning at age 45, most men and women should get a **colonoscopy every 10 years**.

Alternatives to colonoscopy include:

- Virtual colonoscopy every five years
- Stool-based tests every year or every three years, depending on the test.

Our cancer prevention specialists are experts in cancer risk reduction and early detection.

**Appointments available
877-632-6789**

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**Talk to your
doctor if you
have any of these
risk factors or
warning signs.**

Risk factors

- Age 50 or older
- Being Black or African-American
- Personal or family history of colorectal cancer or polyps
- Personal or family history of Lynch syndrome or familial adenomatous polyposis (FAP)
- Inflammatory bowel disease (chronic ulcerative colitis or Crohn's disease)
- High body weight
- Diet high in processed and red meat, or meat cooked at very high temperatures
- Smoking or excessive alcohol use



**Colorectal cancer is
increasing in younger people.
Whatever your age, watch
for symptoms.**

Warning signs

- Rectal bleeding or blood in the stool or toilet after bowel movement
- Prolonged diarrhea or constipation
- Change in the size or shape of your stool
- Abdominal pain or cramping in your lower stomach
- Urge to have a bowel movement when there is no need

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