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.
Excess body fat 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 a plant-based diet.
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 meat.
The more you eat, the more you increase your risk.

Avoid processed meat.
This includes bacon, deli meats and hot dogs.

Limit alcohol.
For cancer prevention, it’s best not to drink alcohol.

If you smoke, stop.
If you don’t smoke, don’t start.

Colorectal cancer is cancer of the colon and rectum.

Beginning at age 50, most men and women should get a colonoscopy every 10 years OR a virtual colonoscopy every five years. African-Americans should get their first colonoscopy at age 45.

Another option is a stool-based test every year.

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

Appointments available
713-745-8040
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

Risk factors

• Age 50 or older
• 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)
• Being overweight or obese
• Diet high in processed and red meat, or meat cooked at very high temperatures
• Smoking or excessive alcohol use

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