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 or 75 minutes of vigorous physical activity each week.

Eat a plant-based diet
Make 2/3 of your plate vegetables, whole grains and fruit.

Limit red and processed meat
The more you eat, the more you increase your risk.

Avoid alcohol
If you drink, limit yourself to two drinks a day for men and one drink a day for women.

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.

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
- 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.