

# 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.

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**

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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
- 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



## 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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