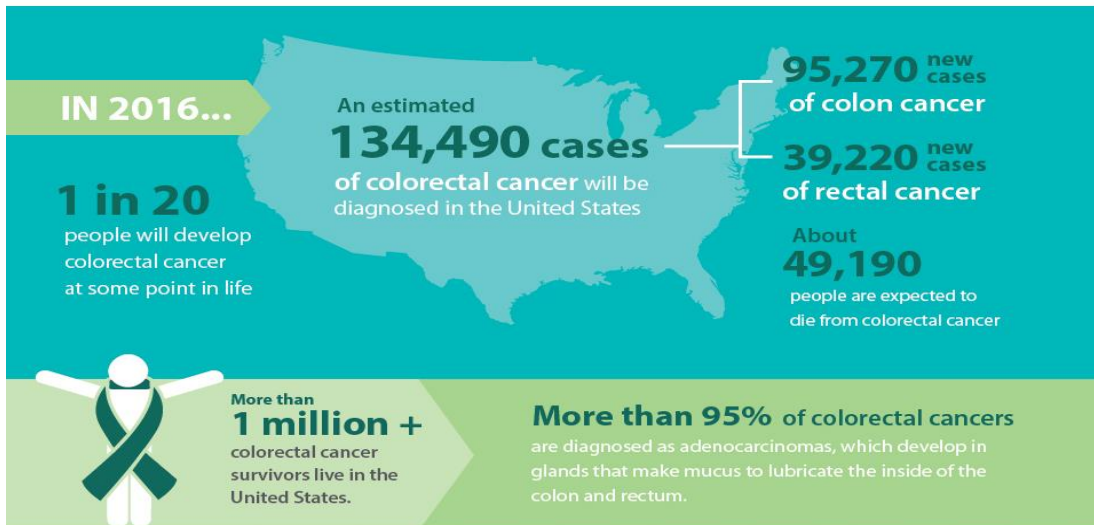


# What You Should Know About COLORECTAL CANCER

Colorectal cancer is the fourth most common cancer in both men and women in the United States. Most colorectal cancers grow slowly over several years. Due to a combination of early screening and improved treatments, survivorship has increased over the past 20 years.



## RISK FACTORS



Diet high in red meats and processed meats



Physical inactivity



Obesity (especially for men)



Smoking tobacco



Heavy alcohol use



Age (About 9 in 10 diagnoses are in people at least 50 years old.)



Racial and ethnic background (African Americans have the highest colorectal cancer rates of all racial groups in the United States.)



Type 2 diabetes

## PREVENTION

Get regular colorectal cancer screenings. This is one of the most powerful **weapons for prevention.**



### AVOID RED MEAT

A diet high in **vegetables, fruits and whole grains** has been linked to a decreased risk of colorectal cancer.



### EXERCISE

**Increasing physical activity** may help reduce your risk.



### LIMIT ALCOHOL CONSUMPTION

**Avoid binge drinking,** and have no more than two drinks a day for men and one drink a day for women.

To learn more, go to [www.cancercenter.com/colorectal-cancer/](http://www.cancercenter.com/colorectal-cancer/)