

10 tips to lower your risk for COLORECTAL CANCER

UCLA experts encourage you to protect your colon health:

1. Get regular colorectal cancer screenings starting at age 50 if you are at normal risk.
2. Talk to your doctor about screenings before age 50 if you are at higher risk. This could be due to a personal or family history of colorectal cancer, other cancers or inflammatory bowel disease.
3. Eat between 25 and 30 grams of dietary fiber each day. Fiber is in fruits, vegetables, whole-grain breads and cereals, nuts, and beans.
4. Eat a low-fat diet. Colorectal cancer has been associated with diets high in saturated fat.
5. Eat foods with the B-vitamin folate. Good sources are leafy green vegetables.
6. Drink alcohol in moderation and quit smoking. Alcohol and tobacco in combination are linked to colorectal cancer and cancers of the stomach and intestines.
7. Exercise for at least 20 minutes 3 to 4 days a week.
8. Report to your doctor any persistent symptoms such as:
 - Blood in the stool
 - A change in bowel habits
 - Weight loss
 - Narrower-than-usual stools
 - Abdominal pains or other gastrointestinal complaints
9. Maintain a healthy weight.
10. Get more information at www.cancer.org (the American Cancer Society website).

