



Colon Cancer: Should you be concerned?

If you're 50 or older, the answer is **yes.**

Most colon cancers occur in men and women who are **50 OR OLDER**. So if you are in that age group, you can be at risk or have the disease and not even know it – even if you have no family history of colon cancer. **YOU NEED TO BE TESTED**. And if your parent, sibling or child has had colon cancer, testing is even more important for you.

Ask your doctor

As you get older, you have more health concerns and your doctor has more to discuss with you. If your doctor does not mention getting tested for colon cancer, you should ask about it.

Get tested

Testing can identify problems and finds growths before they become cancer. If a pre-cancerous growth is found, you can stop colon cancer before it starts. And if colon cancer is found early, you have a good chance of beating it with treatment. Most people should begin testing at age 50, although people with certain risk factors should be tested earlier or more often. You and your doctor should discuss the various options and choose the test that's best for you.

Reduce your risk

You owe it to yourself and the people who love you to take care of yourself. Eat right, and maintain an appropriate body weight. Each day, eat at least five servings of fruits and vegetables and several servings of foods from other plant sources, such as breads, cereals, grain products, rice, pasta or beans. Limit your consumption of alcohol and high-fat foods. Also, become more physically active, with 30 minutes or more of physical activity at least five days a week. And of course, don't forget to get tested for colon cancer.

For more information or a free colon cancer information packet, contact the American Cancer Society at 1.800.ACS.2345 or visit www.cancer.org.

