



QUESTION:

How can you reduce your risk of colon cancer?

About 90 percent of all colon cancer cases and deaths could be prevented, and there are steps you can take to lower your risk for the disease or prevent it altogether.

Circle those activities which you think could reduce your risk:

1. Healthy diet
2. Physical activity
3. Regular checkups, including appropriate cancer screenings
4. Maintaining a healthy weight
5. Eating less red meat
6. Not smoking
7. Limiting alcohol, if you drink at all
8. Ask your doctor about getting tested for colon cancer

ANSWER: ALL OF THE ABOVE

According to the American Cancer Society, each of these activities could reduce your risk of colon cancer. So take charge of your health. 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.

