

March: Colon Cancer Awareness

Colorectal Cancer:



- *Is the 3rd most common cancer in the U.S.
- *The 2nd leading cause of death from cancer
- *Most common in people age 50 and over
- *Native American's at increased risk due to lower screening rates
- *An estimated 136,830 people will be newly diagnosed and cause 50,310 deaths in 2014
- *6 out of 10 deaths could be *prevented* if people 50 and over were screened regularly

Colon Cancer Awareness



Prevention:

- *Regular screenings can prevent cancer or find it early when treatment is more successful
- *Start screenings at age 50
- *Make healthy food choices (high fiber, whole wheat, low fat, increase fruit and veggies)
- *Maintain a healthy weight
- *Increase daily exercise
- *Stop smoking
- *Limit alcohol consumption

