

Colon and Rectal Cancer

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Cancer of the colon and rectum is the second leading cause of cancer death in the United States. If it is found early, it can be treated more easily than if it is found late. Effective tests are available to find cancer of the colon and rectum.
- Starting at 50 years of age, you should be tested for colorectal cancer.
 - Ask your doctor:
 - Should I be tested for colorectal cancer?
 - Which tests or test for colorectal cancer would be best for me?
- Tell your doctor if you have had polyps or if you have family members with cancer of the colon. If so, you may need to be tested more often.
- You may be able to reduce your risk of developing cancer of the colon or rectum if you do the following:
 - Eat a variety of foods, especially vegetables, fruits, dry beans such as red beans, whole grains such as corn and barley, and whole-grain breads and cereals.
 - Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).
 - Get at least 30 minutes of physical activity most days of the week.

Revised January 2003.