

Let's be well

Colorectal Cancer: Know the risks and take action toward prevention



Did you know that many lifestyle-related factors have been linked to colorectal cancer?

Risk factors you *can* change:

- **Being overweight** (especially with a larger waistline) raises the risk of colon and rectal cancer in both men and women.
- **Being physically inactive** gives you a greater chance of developing colon cancer.
- **Certain types of diets** — especially those that feature lots of red meats, as well as processed meats like hot dogs and some luncheon meats
- **Cooking methods** may play a part because frying, broiling or grilling meats (which all require high temperatures) creates chemicals that might raise your cancer risk.
- **Smoking**, already a known cause of lung cancer, is also linked to many other cancers. Longtime tobacco smokers are more likely than non-smokers to die from colorectal cancer.
- **Heavy alcohol use** — and even moderate consumption — has been linked to many kinds of cancer, including colorectal.

Risk factors you cannot change:

- Being over age 50
- History of polyps or cancer
- Inflammatory bowel disease, such as ulcerative colitis or Crohn's disease
- Racial and ethnic background
- Have Type 2 diabetes

Prevention is within your power!

- Get moving — whether you're walking, taking the stairs, dancing or gardening, every little bit helps
- Stay at a healthy weight and keep it off your midsection
- Stop smoking
- Change your diet (focus on fruits, vegetables, whole grains and lean meats)
- Limit alcohol

For more information visit:
cancer.org/colon