

PREVENTING COLORECTAL CANCER

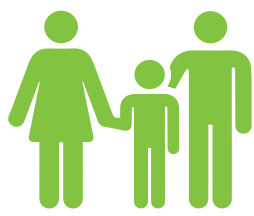


YOUR COLON: the final part of your digestive system – reabsorbs fluids and processes waste from the body to prepare for elimination.

PREVENTION



EAT WELL



**KNOW YOUR
FAMILY HISTORY**



AVOID
ALCOHOL AND TOBACCO



EXERCISE



SYMPTOMS

**CHANGE IN
BOWEL
HABITS**

**WEAKNESS OR
FATIGUE**

**RECTAL
BLEEDING**

**UNEXPLAINED
WEIGHT
LOSS**

**COLORECTAL CANCER
IS PREVENTABLE,
TREATABLE,
AND BEATABLE.**

AGES



35

**DISCUSS
SCREENINGS
WITH YOUR
DOCTOR**

40



**GET SCREENED IF YOU
HAVE FAMILY HISTORY**

50⁺

**THE TIME TO
START
YOUR
SCREENINGS**



**VISIT ROCHESTERREGIONAL.ORG/COLORECTALSCREENING
FOR MORE INFORMATION AND PREVENTION TIPS**