

## 7 Tips for Minimizing Risk of Colorectal Cancer

Here are seven things you can do to minimize your risk of developing colorectal cancer:

- 1. Watch your weight.** Being overweight may increase your risk, especially if you're carrying extra weight around the waist.
- 2. Eat well.** Eat MORE whole grains, fruits, vegetables, poultry, and fish; eat LESS red meat, refined grains and sugar.
- 3. Limit alcohol.** If you drink alcohol, have no more than two drinks a day.
- 4. Get active.** Keep up a physically active lifestyle. Being fit helps you look and feel better.
- 5. Quit smoking.** Smoking can increase your risk for many types of cancer.
- 6. Know your family history.** If a close family member has had colorectal cancer, you may have a higher risk of developing the disease.
- 7. Take any symptoms seriously.** If you notice blood, a change in the color or size of your stool, a new pain, or a change in your bowel habits, have this checked by a doctor.

