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.