



Colon Cancer
Prevention
Project
KickingButt.org

PREVENT COLON CANCER THROUGHOUT YOUR LIFE

For local info:

START

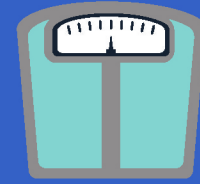


WE ALL HAVE A COLON!
FOLLOW THIS PATH TO
PREVENT COLON
CANCER!



GET MOVING!

REGULAR
EXERCISE
REDUCES
YOUR RISK!



MAINTAIN A
HEALTHY
WEIGHT.

OBESITY INCREASES
YOUR RISK.

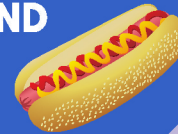


REMEMBER: It's great to start early, but it's
never too late to make healthy changes!

KNOW YOUR FAMILY HISTORY

A family history of colon cancer or
polyps increases your risk and means
earlier screening is needed.

LIMIT RED AND
PROCESSED
MEATS AND



EAT PLENTY
OF FRUITS AND
VEGETABLES



**DON'T USE ANY
TOBACCO
PRODUCTS!**



Based on your family history,
you might be a good
candidate for genetic
testing. Talk to your doctor.

KNOW THE SYMPTOMS



- Bloody stools
- Fatigue
- Abdominal pain
- Unexplained weight loss
- Constipation/diarrhea



**HAVING
SYMPTOMS?
SEE YOUR
DOCTOR
IMMEDIATELY!**



Inflammatory Bowel
Disease like **Crohn's** or
Colitis increase your
risk. **You will need
earlier screening!**

35

BY 35, ASK YOUR DOCTOR
WHAT AGE YOU NEED
SCREENING AND DISCUSS
OPTIONS.

If you have a family history, you should be screened **by 40
or 10 years before your family member's diagnosis.**

GO

45

**BY THE END OF YOUR
45TH YEAR, YOU SHOULD
HAVE BEEN SCREENED.**

SCREENED

REMEMBER

Whether your doctor finds polyps or
not, **follow through with your
surveillance and screening
schedule!**