

Buena Salud® Club

1-866-783-2645

Are You at Risk for Colon Cancer?



Tip of the Month:

Ask a health care provider if you should get a colonoscopy.

WHO IS MORE LIKELY TO GET COLON CANCER?

- Men and women **over 50 years** of age
- People with a **family history** of colon cancer or polyps
- People who **smoke**

ASK ABOUT GETTING SCREENED.

A **colonoscopy** is an exam that looks inside your colon to find cancer or early signs that cancer may develop.

FOLLOW THE RECOMMENDATIONS.

If colon cancer is **caught early** through screening, treatment often leads to a cure. Colon cancer is preventable, maintain a **healthy lifestyle** to lower your risk.



healthyamericas



health4americas

Here are some healthy lifestyle tips:

- Eat a healthy diet (lean meat, high fiber, fruits and vegetables)
- Stop smoking and drink less alcohol
- Maintain a healthy weight and be physically active
- Get screened if you are 50 years or over
- Discuss screening earlier than age 50 if you have:
 - Family history of colon cancer or polyps
 - Change in bowel habits
 - Blood in stool

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Learn more:



For more information on colon cancer, call the *Su Familia* Helpline toll-free at **1-866-783-2645** and receive a **FREE** lunch bag.