

You Can Reduce Your Risk of Colon Disease:

- Don't smoke
- Diet and Physical Activity Recommendations:
 - Eat three or more cups of a variety of fruits and vegetables
 - At least half of your grain foods should be whole grain foods
 - Eat 3 cups of cooked dried beans each week
 - Eat seafood frequently
 - Limit the amount of added sugars in your diet
 - Eat only moderate amounts of red meat and meats that are smoked, cured or high in fat or sodium
 - Be physically active 30 or more minutes on at least five days each week
 - If overweight, lose weight
 - Avoid drinking excessive amounts of alcohol
 - Take a daily multivitamin and mineral supplement with folate
 - Take a supplement with vitamin D and calcium

About one in three deaths from colon and rectal cancer could be avoided if men regularly got a screening test:

Screening Tests Recommended for those ages 50 years and older:

- Fecal occult blood test (annually)
- Digital rectal exam (annually)
- Sigmoidoscopy (every 5 years)
- Double contrast barium enema (every 5-10 years)
- Colonoscopy (every 10 years)