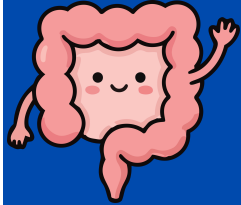




Early Detection Tips for Colon Cancer



Regular Check-ups

Routine

We encourage healthy habits and regular routine check-ups to prevent future health issues.

What to Look For

Changes in bowel habits, blood in stool, or unexplained weight loss.

Schedule Colonoscopy

Age 45+

People should have this test every 10 years starting at age 45, if they are at normal risk.

High-Risk Individuals

Consult with your doctor about earlier and more frequent screenings.

Know Your Family History

Genetic Factors

Inform your doctor if you have a family history of Colon Cancer.

Understand Your Risk Factors

Lifestyle Factors

Exercise, limit alcohol, drink plenty of water, eat foods high in fiber, maintain healthy weight, cut back on Red and processed meat.

Watch for Symptoms

Prompt Action

Changes in your bowel habits, blood in your stool, or unexplained weight loss.

Stay Informed

Prompt Action

See your doctor immediately if you notice any of these symptoms.