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

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• 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)

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