



# Understanding Colon Cancer

Your risk of getting colon cancer increases as you get older. About 90% of cases occur in people who are 50 years old or older.<sup>1</sup>

### **Lifestyle factors that may increase your risk include:**

- Lack of regular physical activity.
- A diet low in fruit and vegetables.
- A low-fiber and high-fat diet, including processed meats.
- Being overweight or obese.
- High alcohol consumption.
- Tobacco use.

### **Other risk factors include having:**

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic condition such as familial adenomatous polyposis (FAP) or Lynch syndrome.



## Wellness Webinar Series

Gut check: What you should know about colon cancer

**March 16, 2021 | 10:00 AM, 12:30 PM and 4:30 PM, ET**

<http://go.activehealth.com/wellness-webinars>



## Coach's corner

As a lifestyle coach and registered nurse, Denise helps people to understand how lifestyle choices can affect their health.

Coach Denise  
CHS, RN

## Denise's well-being tips:

With a healthy lifestyle, you can keep your gut in check:

- **Eat a balanced diet rich in fruits, veggies and whole grains.** They provide fiber that helps feed the good bacteria in your gut.
- **Be active.** It may reduce your risk of colon cancer - and it can improve your well-being.
- **Manage stress.** It may help you avoid "butterflies in your stomach". The GI tract has its own set of the same type of nerves found in your brain and spinal cord. Sometimes called a "second brain", these nerves control digestion, from swallowing to the release of enzymes that break down food.



## Black Bean & Salmon Tostadas

Make this easy Tex-Mex meal in less than 30 minutes.

Find more high-fiber recipes at:

**MyActiveHealth.com > Resources > Learning Center.**

2. National Cancer Institute at the National Institute of Health, "Why Is Colorectal Cancer Rising Rapidly among Young Adults?"; November 5, 2020, <https://www.cancer.gov/news-events/cancer-currents-blog/2020/colorectal-cancer-rising-younger-adults>

3. Centers for Disease Control, CDC, "What Can I Do to Reduce My Risk of Colorectal Cancer?"; February 10, 2020 [https://www.cdc.gov/cancer/colorectal/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/colorectal/basic_info/prevention.htm)

## Reduce your risk of colon cancer.

Of cancers that affect both men and women, colon cancer is the 2nd leading cause of cancer death in the U.S.<sup>1</sup> Colon cancer is also the leading cause of cancer death among people under 50 in the U.S. -- but it doesn't have to be.<sup>2</sup>

**Get screened routinely.** The most effective way to reduce your risk is to get screened routinely, beginning at age 50.<sup>3</sup> Screenings find abnormal growths so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented. Ask your healthcare provider when you should start screening.

**Eat a healthy diet.** Choose a diet low in animal fats and high in fruits, vegetables, and whole grains.

**Make healthy choices.** Be physically active, limit alcohol consumption, and avoid tobacco.

**For more tips on how to manage your well-being, visit MyActiveHealth.com**

