

Colon Cancer At-A-Glance*



Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.

50+

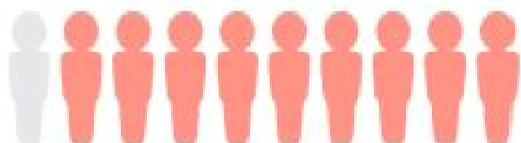
90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.

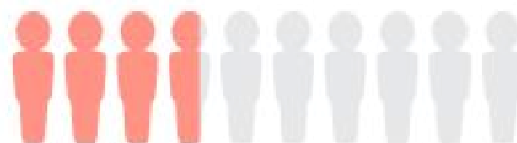


There are currently more than one million colon cancer survivors in the U.S.



90%

5-YEAR SURVIVAL RATE
IF FOUND AT THE LOCAL STAGE



40%

DIAGNOSED AT AN EARLY STAGE
PARTLY DUE TO LOW SCREENING RATE

STAGES OF COLON CANCER



POLYP

Most colon cancers develop from these noncancerous growths

IN SITU

Cancer has formed, but is not yet growing inside the colon or rectum walls

LOCAL

Cancer is now growing in the colon or rectum walls; nearby tissue unaffected

REGIONAL

Growth beyond the colon or rectum walls and into tissue or lymph nodes

DISTANT

Cancer has spread to other parts of the body such as liver or lungs

Colon Cancer

IS ANYTHING "BUTT" A JOKE

March Is Colorectal Cancer Awareness Month.
Follow Your Gut And Be Proactive About Prevention.

5 Ways To Be Proactive

- 1 EAT A BALANCED DIET
- 2 EXERCISE DAILY
- 3 LIMIT RED MEAT INTAKE
- 4 AVOID SMOKING
- 5 GET SCREENED IF HIGH RISK

Super Foods For Your Colon

FIBER

Fiber is indispensable to a well-functioning gut and known to reduce the risk of polyps.



WHOLE GRAINS • BROWN RICE • OATMEAL
PEAS • AVOCADOS • LENTILS • ARTICHOKE
BLACK BEANS • FLAXSEED • CHIA • RASPBERRIES

ANTIOXIDANTS

Antioxidants ward off free radicals and oxidative damage associated with cancerous cells.



SPINACH • KALE • BROCCOLI • MUSHROOMS
CANTALOUPE • SWEET POTATO • CARROTS
WHITE TEA • GREEN TEA

SPICES

Spices exhibit anti-inflammatory properties that kill colon cancer cells.



GARLIC • TURMERIC • OREGANO • HOT PEPPERS
ONIONS • CURRY • GINGER • ROSEMARY • THYME

PROBIOTICS






These fermented foods stimulate your gut with the good bacteria it needs to stay healthy.



YOGURT • SAUERKRAUT • PICKLES • KEFIR
KOMBUCHA • MISO SOUP • DARK CHOCOLATE
KIMCHI • APPLE CIDER VINEGAR • MICROALGAE

LOVE
YOUR
COLON

WHAT TO LOOK OUT FOR:

-  Bleeding from the bottom and/or blood in your poo
-  A change in bowel habit lasting 3 weeks or more
-  Unexplained weight loss
-  Extreme tiredness for no obvious reason
-  A pain or lump in your tummy

You may experience one, some or none of these however if you have any concerns or if things just don't feel right, go and see your doctor.