

# PREVENTABLE TREATABLE BEATABLE

## Talk with your doctor about getting screened for colon cancer.

Did you know simply aging can make you more at risk for developing colon cancer and that early stage colon cancer doesn't usually cause symptoms? But there are steps you can take to reduce your risk for the disease.

**PREVENTABLE:** Colon cancer screening can prevent colorectal cancer before it starts by finding and removing hidden growths (called "polyps"). Ask your doctor about the right screening plan for you. Help reduce your risk by getting a screening test, not smoking, maintaining a healthy weight, exercising, eating less red meat, and consuming alcohol in moderation, if at all.

**TREATABLE AND BEATABLE:** Found in its early stages, colorectal cancer is highly treatable. Once you turn 50 it is important that you talk to your doctor about getting screened regularly for colon cancer. Talk to your doctor sooner if you have a family history of the disease.

For more information, visit our website at (Insert Org Website Here) or call (Insert Org Phone # Here).

**(Insert Org Logo Here)**

This message is brought to you by (Insert Org Name Here) and the National Colorectal Cancer Roundtable, a coalition of organizations dedicated to colorectal cancer control.