



Colorectal cancer prevention

5 actions to lower your risk

Colorectal cancer (often called colon cancer, for short) is the fourth most common cancer in the United States, not counting skin cancers. Fortunately, colorectal cancer is largely preventable.

- 1. Get your recommended screenings.** Talk with your doctor about the best screening options and frequency for you.
- 2. Get moving.** Be physically active at least 30 minutes every day. This can be in short, 10-minute increments or all at once; it's the total time that matters. Find something you enjoy and can stick with.
- 3. Eat plenty of fiber.** Make three quarters of your plate plant based. Choosing whole foods like oats, beans, lentils, and a variety of fruits and vegetables, will provide plenty of fiber. Plant-based foods help you maintain a healthy weight, which reduces the risk of several cancers, including colorectal cancer.
- 4. Limit red meats and avoid processed meats.** Red meats include beef, veal, pork, and lamb. Processed meats include hot dogs, ham, sausage, corned beef, and jerky. Aim to eat less than 18 ounces of red/processed meat a week. Choose white meats like turkey, chicken, or fish more often.
- 5. Avoid or limit alcohol.** That means up to one drink a day for women of all ages and men older than 65, and up to two drinks a day for men 65 and younger. One drink is 12 ounces of beer, five ounces of wine, or 1.5 ounces distilled liquor.

Sources: Centers for Disease Control and Prevention (CDC), American Institute for Cancer Research and National Cancer Institute, [UpToDate.com](https://www.upToDate.com)



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