

Colon Health

Take the right steps to keep your colon healthy and complete your needed screenings!

Tips for a Healthy Colon



Keep a healthy weight. Include a variety of fruits, vegetables, whole grains, and nuts in your diet. Limit red and processed meats.



Avoid alcohol and smoking.



Get regular exercise. Move your body to activities you enjoy, like dancing, walking, or hiking. Limit your time sitting and lying down.



Get screened for colorectal cancer. It is one of the most preventable types of cancer.

Colon Cancer Screenings

Colon cancer occurs when cancer cells form in the tissues of the colon, often starting as polyps. Screenings look for cancer cells before symptoms start to show. **A colonoscopy is the ideal test for finding colon cancer early.** If polyps are found, they can be removed before they turn into cancer.

Talk to your doctor about the best screening for you:

Stool-Based Tests

- ⇒ **Annually**—FOBT or FIT
- ⇒ **Every 3 years**—Stool DNA Test

Visual Exams

- ⇒ **Every 5 years**—Sigmoidoscopy or CT colonography
- ⇒ **Every 10 years**—Colonoscopy

