



# Lower Your Colon Cancer Risk

**At breakfast, you might want to hold the bacon.** According to multiple studies, men and women who favor red and process meat have a higher risk for colorectal cancer. This includes beef, veal, pork and lamb, as well as lunch meats, sausages and bacon. One recent study suggests that swapping fish for red meat offers some protection against colon cancer.

But getting screened is still the best way to protect yourself. Up to 60 percent of colon cancer deaths could be prevented if every adult age 50 or older was screened regularly for the disease. If you are 50 or older or have other risk factors for colon cancer, talk with your doctor about getting screened.

## These healthy habits can help reduce your risk for colorectal cancer:

- ✔ **Eat a healthy diet.** Eat more fruits, vegetables, and whole grains and less fat and sugar.
- ✔ **Stay at a healthy weight.** Obesity doubles the risk for colorectal cancer in premenopausal women.
- ✔ **Don't smoke.** Cigarettes may raise the risk for pre-cancerous growths in the colon called polyps.