



BlueCross BlueShield of New Mexico



BlueResourceSM – Protecting Your Health – Screening for Colon Cancer

Prevent, Treat and Beat Colon Cancer

No one *likes* to talk about colon cancer. And that's okay, as long as you take action. After all, colon cancer is a leading cause of cancer deaths in the United States. You can take steps to detect it early. Here are ways you can protect yourself.

Lower your risks. Stop smoking, lose weight if you need to, get plenty of exercise and eat foods rich in fiber. A healthy lifestyle can help prevent cancer.

Know your family history. Find out if anyone in your family (parents, grandparents, sisters, brothers) have been diagnosed with colon cancer. If so, tell your doctor.

Watch for symptoms. Tell your doctor if you have cramping in your lower stomach, unexplained weight loss or a change in bowel habits. They can all be warning signs.

Get a colonoscopy. Talk with your doctor about when you should be screened and how often. Your age and family history will play a role in deciding what's best for you.



Know how to reduce your risks for colon cancer.

Sources: *Colorectal Cancer: What Should I Know About Screening?* Centers for Disease Control and Prevention. 2020.
What Can I Do to Reduce My Risk of Colorectal Cancer? Centers for Disease Control and Prevention. 2020.
What Are the Symptoms of Colorectal Cancer? Centers for Disease Control and Prevention. 2020.
Colorectal Cancer: What Should I Know About Screening? Centers for Disease Control and Prevention. 2020.

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