

COLON CANCER

*One third of all cancer relates to diet and activity factors, according to the American Cancer Society (ACS). To guard against colon cancer, the ACS advocates at least 30 minutes of moderate activity on 5 or more days per week. Other preventive measures include eating a low-fat, high-fiber diet and limiting alcohol and **red** meat.*

Symptoms of colon/rectal cancer include:

- *Recurring abdominal cramping, bloating or pain*
- *Persistent constipation or diarrhea*
- *Pencil-thin stools*
- *Unusual fatigue or weakness*
- *Bleeding from the rectum (may also indicate ulcers, hemorrhoids, benign polyps or colitis)*

These symptoms can be signs of other conditions. But see your provider without delay for an evaluation; the sooner cancerous polyps are found the easier the treatment.

***Routine tests:** Starting at age 50, men and women need colorectal screening, which may involve stool samples, sigmoidoscopy; annual stool test plus sigmoidoscopy; barium enema; or colonoscopy. Consult your provider about what tests and frequency are best for you.*



You'll find prostate protection down the produce aisle. Gain a lower risk for prostate cancer with 3-7 daily servings of vegetables – specifically tomatoes, broccoli and cauliflower.



If you would like more information, please contact Med-Cert, Inc. at 866-633-2378 (toll free) or at www.medcertinc.com



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