



MARCH IS COLON CANCER AWARENESS MONTH - ON FRIDAY MARCH 6 WEAR BLUE TO SHOW YOUR SUPPORT

FACT:

- **Screening saves lives**
- **Colon cancer affects men and women**
- **More than 90% of colon cancer occurs in men and women aged 50 or older**
- **Know your family medical history**
- **Diet and nutrition matter. Eat a balanced, healthy diet decreasing foods high in fat**
- **Smoking is a risk factor for colon cancer**
- **IBD (inflammatory bowel disease) puts you at increased risk for colon cancer**

Speak with your doctor about preventing colon cancer by scheduling a screening colonoscopy