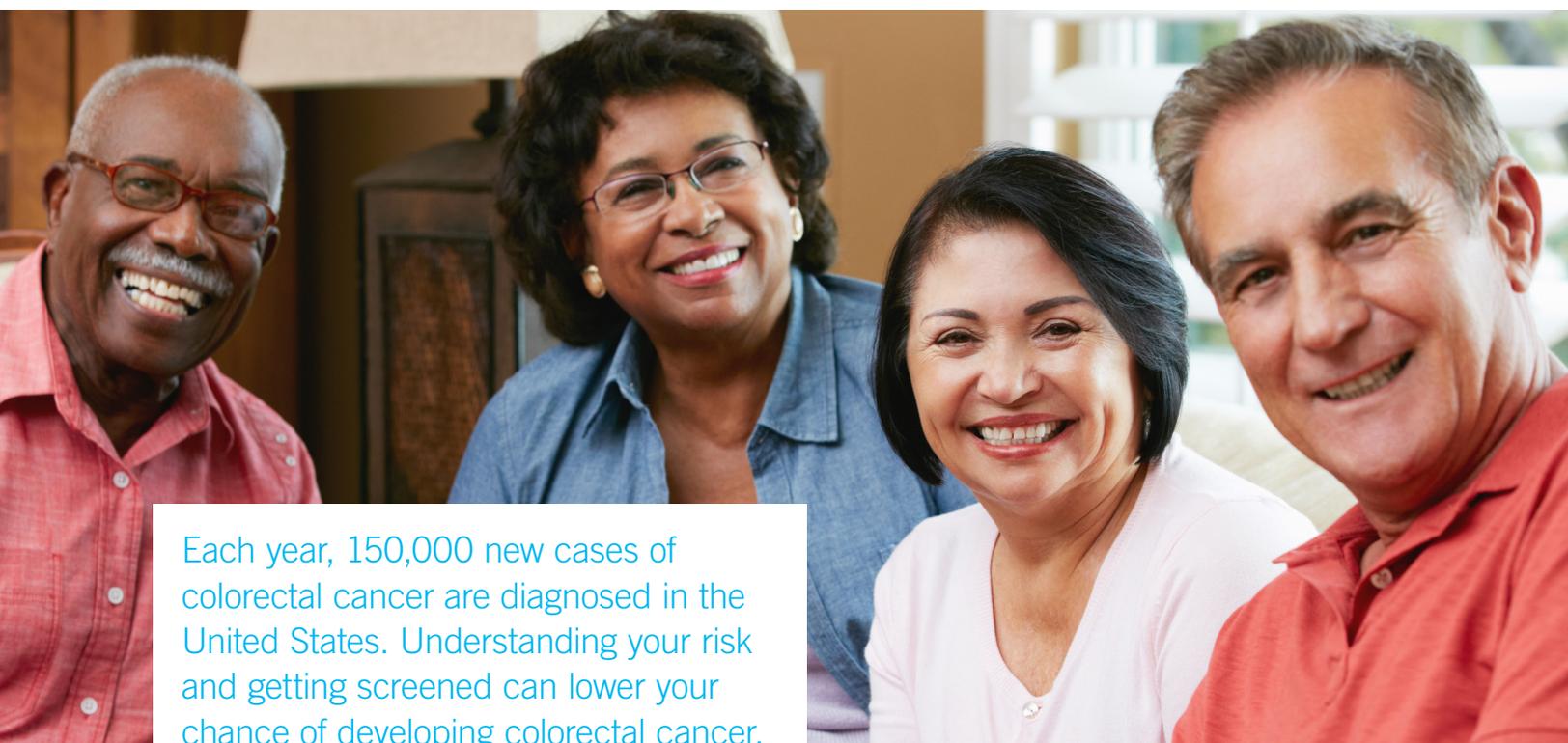


## Did you know colorectal cancer is one of the most preventable of all cancers?



Each year, 150,000 new cases of colorectal cancer are diagnosed in the United States. Understanding your risk and getting screened can lower your chance of developing colorectal cancer.

The Smilow Screening & Prevention Program recommends the following behavioral and lifestyle changes to reduce your risk of colorectal cancer:

- **Colonoscopy:** Can detect, remove and prevent colon polyps (pre-cancerous growths) from turning into cancer.
- **Genetic assessment:** Learn how your family history and genetics affect your risk.
- **Nutrition counseling:** Learn simple and healthy eating tips that can improve your health and reduce your chances of getting cancer.
- **Smoking cessation:** Learn skills and techniques to help quit smoking and prevent cancer.

### A risk and screening assessment is recommended for men and women who:

- Are 50 and over
- Are age 45 and African American
- Have a family history of colorectal cancer or polyps
- Have a history of several family members with any type of cancer

**Smilow Screening & Prevention**  
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**[yalecancercenter.org/screening](http://yalecancercenter.org/screening)**