



Take control of your health: Get tested for colon cancer.

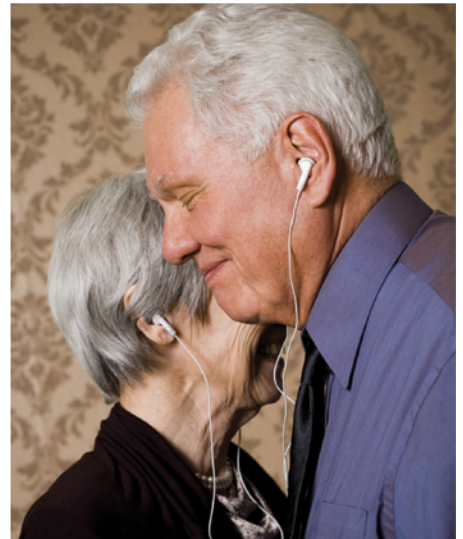
Colon cancer can be prevented with regular testing. There are a number of tests available. Talk to a doctor or nurse about the test that's right for you.

If you are a man or a woman age 50 or older, talk to a doctor about getting tested for colon cancer, even if you don't have any symptoms.

If you have a family history of colon cancer or polyps, you may need to get tested earlier than age 50. Discuss your family history with a doctor.

You can also take steps every day to help prevent colon cancer, as well as many other diseases.

- Get to and stay at a healthy weight by being physically active and eating a healthy diet.
- Limit the amount of red and processed meat you eat, including pork and lunch meats.
- Limit the amount of alcohol you drink to no more than two drinks per day for men and one drink per day for women.
- Do not smoke or use any other forms of tobacco.



To learn more about the steps you can take to help prevent colon cancer, visit the American Cancer Society's website at cancer.org/colon or call us at **1-800-227-2345**.



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