What you can do to reduce your risk factors for Colorectal Cancer.

Get Screened
Talk to your healthcare provider about when you should start getting a colorectal screening.

Eat Healthy
Eat more fruits and vegetables, drink more water and fewer sugar-sweetened beverages and create meal plans to cook at home.

Quit Tobacco Use
Coaching and medications can triple your chances of quitting for good. 1-800-Quit-Now (1-800-784-8669) www.QuitlineNC.com

Drink in Moderation
Alcohol should be limited to no more than one drink per day for women and two drinks per day for men.

Exercise
Strive to get at least 30 minutes of physical activity 5 days week and strength training at least twice a week.