

# Take control of your health: Get tested for colorectal cancer.

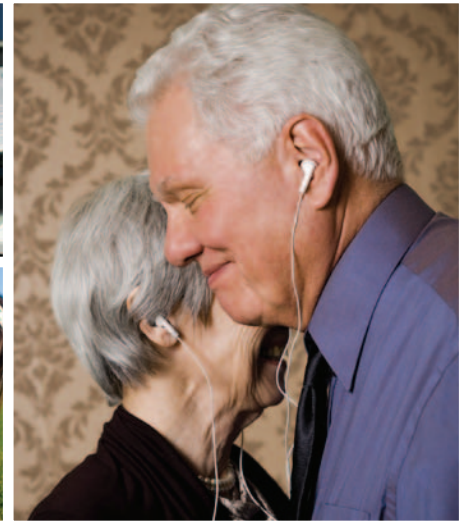
Colorectal cancer is one cancer that can be prevented with regular testing. There are a number of tests available, so talk to your doctor or nurse about the test that is right for you.

If you are a man or a woman age 50 or older, talk to your doctor about getting tested for colon cancer, even if you have no 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 your doctor.

## You can also take steps every day to stay well and help prevent colon cancer.

- Maintain a healthy weight by being physically active and eating a well-balanced 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, and do not smoke.



To learn more about the steps you can take to stay well from colon cancer, visit the American Cancer Society's Web site at [cancer.org](http://cancer.org) or call us at **1-800-227-2345**.

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