

# 8 WAYS to Prevent Colon Cancer

Most cases of colon cancer could be prevented with these eight tips.

Start with one or two, then build from there.

## ... 1. Get Screened

Getting recommended screening tests is the single best way to protect yourself from colon cancer. Screening usually begins at age 50. And there are many good testing options. Talk to a doctor to help decide which one may be right for you.

## ... 2. Maintain a Healthy Weight

If you're overweight, first work to stop gaining. Then, slowly try to lose some pounds. Choose healthy food and watch how much you eat. Calories matter.

## ... 3. Don't Smoke

If you smoke, try to quit as soon as you can. Double your chances by getting help. Talk to a doctor or call/visit 1-800-QUIT-NOW or smokefree.gov.

## ... 4. Be Physically Active

Aim for around 30 minutes or more of daily activities like brisk walking, cycling, or dancing.

## ... 5. Drink Alcohol Only Moderately, if at All

Moderate drinking is OK. Not drinking is, too. Heavy drinkers should cut back or quit.

## ... 6. Limit Red Meat, Especially Processed Meat

Try to eat no more than three servings per week of red and processed meat. The less, the better.

## ... 7. Get Enough Calcium and Vitamin D

In general, try to get 1,000 - 1,200 mg of calcium and 1,000 IU of vitamin D per day.

## ... 8. Consider a Multivitamin with Folate

A daily 100% DV multivitamin is a good nutrition insurance policy.

For more information and screening tips,  
visit [8ways.wustl.edu](http://8ways.wustl.edu)

Learn your colon cancer risk at  
[yourdiseaserisk.wustl.edu](http://yourdiseaserisk.wustl.edu)

