

WHITE PLAINS HOSPITAL

Take Charge of Your Health

March is Colorectal Cancer Awareness Month! *Here's What You Need to Know*



- [A Colonoscopy Can Prevent Cancer](#)
Precancerous polyps - small growths in the colon - can be removed during a colonoscopy, before they turn into cancer.
- [Start Having Colonoscopies at Age 50](#)
And every ten years thereafter. If your family or personal medical history raises your risk, you may need screening sooner and/or more often.
- [It Can Run in the Family](#)
Your risk is two to three times greater if you had a parent, sibling, or child with colorectal cancer. Genetic counseling can help determine your risk.
- [Move More, Eat Better](#)
Maintaining a healthy weight, eating more fruits/veggies and less red/processed meats, and being physically active can reduce colorectal cancer risk.

did you
know ?

Other cancer screening options include flexible sigmoidoscopy and stool blood testing. Talk to your doctor about the best screening test(s) for you.