

Lower the Risk of Developing Colorectal Cancer

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- Colorectal cancer is the #2 leading cause of cancer deaths in the US.
- It accounts for nearly 10% of all cancer deaths.
- Although, there's no sure way to prevent colorectal cancer, doing certain things may help lower the risk.



Get Screened

- Screening is the best way to protect yourself from the disease.
- Regular screening helps to find colorectal cancer at an early stage when it's easier to treat.



Maintain a Healthy Weight

- Overweight or obese people are at increased risk of developing colorectal cancer.
- Staying healthy and avoiding weight gain may help lower the risk.



Exercise

- Increasing the intensity and amount of physical activity may help reduce the risk of colorectal cancer.





Maintain a Healthy Diet

- Limit your consumption of red and processed meats and eat more vegetables and fruits to help lower your risk.



Avoid an Excess of Alcohol

- To help reduce your risk, limit your alcohol intake.





- **Polymedco CDP, LLC** is a leading manufacturer, marketer, and distributor in the clinical laboratory marketplace.
- We supply clinical, diagnostic test kits and devices that specialize in colorectal cancer.
- Get FIT, a simple, affordable, non-invasive colorectal cancer test that you can do in the privacy of your own home.



Polymedco

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