

Screen it! Treat it! Beat it!

COLORECTAL CANCER PREVENTION – LOWERING YOUR RISK FOR COLORECTAL CANCER



The following content has been generously reviewed by Dr. Yoo-Joung Ko, Medical Oncologist, Medical Director, Oncology & Endoscopy Program at Unity Health Toronto & CCRAN Medical Advisory Board Member.

Some Helpful Facts....

1. Avoiding risk factors and increasing protective factors may help prevent 50% of cancers, including *colorectal cancer*.
2. Eating mostly plant-based foods plays a big role in preventing cancer and contributing to a healthier life.
3. Eating at least 3 ounces or servings of whole grains per day lowers risk of colorectal cancer. 1 ounce of whole grain is equivalent to 1/2 cup of cooked brown rice, 1/2 cup cooked oatmeal, 1/2 cup of cooked whole grain pasta, or 1 regular slice of whole-grain bread.


Introduction:







Colorectal cancer is the second leading cause of cancer death in Canada, but it is also one that we may be able to prevent. According to the research, approximately 50% of colorectal cancer incidences are said to be preventable through the adoption of a healthy diet, physical activity and weight management. The **American Institute for Cancer Research** (AICR) in connection with the

World Cancer Research Fund (WCRF), have studies showing that obesity itself increases the chances of 11 types of cancer, with colorectal cancer included.

Cancer prevention is action taken to lower the chance of getting cancer. To prevent new cancers from starting, scientists look at risk factors and protective factors. Anything that increases your chance of developing cancer is called a cancer risk factor; anything that decreases your chance of developing cancer is called a cancer protective factor. Risk factors for colorectal cancer include:

	<p>1.</p> <p>Having a Family History of colorectal cancer, such as a first degree relative (parent, sibling, child)</p>
	<p>2.</p> <p>Being Physically Inactive*</p>
	<p>3.</p> <p>Being overweight or obese*</p>
	<p>4.</p> <p>Having a diet high in red and processed meats, fat and low in fibre*</p>
	<p>5.</p> <p>Excessive Alcohol Consumption*</p>
	<p>6.</p> <p>Smoking: Smokers have a higher risk of developing colorectal cancer*</p>

	<p>7. Inherited genetic syndromes such as Lynch Syndrome or FAP</p>
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	<p>8. Age (50 yrs and older although the disease can occur at any age). It is important to note that the disease has been on the rise in people under the age of 50</p>
	<p>9. Personal history of polyps, cancer or inflammatory bowel disease (IBD) such as ulcerative colitis or Crohn's</p>
	<p>10. High temperature cooking resulting in charring on foods*</p>
	<p>11. People with diabetes or insulin resistance</p>
	<p>12. Gender: Men have a <i>slightly</i> higher risk of developing colorectal cancer than women</p>
	<p>13. Race/Ethnicity: African Canadians have a greater risk of colorectal cancer than do people of other races</p>

** Risk factors that can be avoided or changed.*

For a thorough review of colorectal cancer risk factors, please visit our page entitled “**Colorectal Cancer Risk Factors**”.

This section will focus on evidence-based protective factors and what you can do to lower your risk of developing colorectal cancer for the first time (**primary prevention**) as well as lowering your risk of developing a recurrence (**secondary prevention**) after having been treated for colorectal cancer.

PREVENTING COLORECTAL CANCER



- HELPFUL RECOMMENDATIONS -

Colorectal Cancer Resource & Action Network (CCRAN) is committed to promoting cancer prevention initiatives and behaviors. To arm you in the fight against colorectal cancer and other cancers, appearing below are cancer prevention recommendations taken from the latest research. Each recommendation is presented briefly and additional content is provided below each recommendation for further reading.

1. EAT A DIET RICH IN FRUITS, VEGETABLES, WHOLE GRAINS AND BEANS

Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your normal diet. Read on for more information....

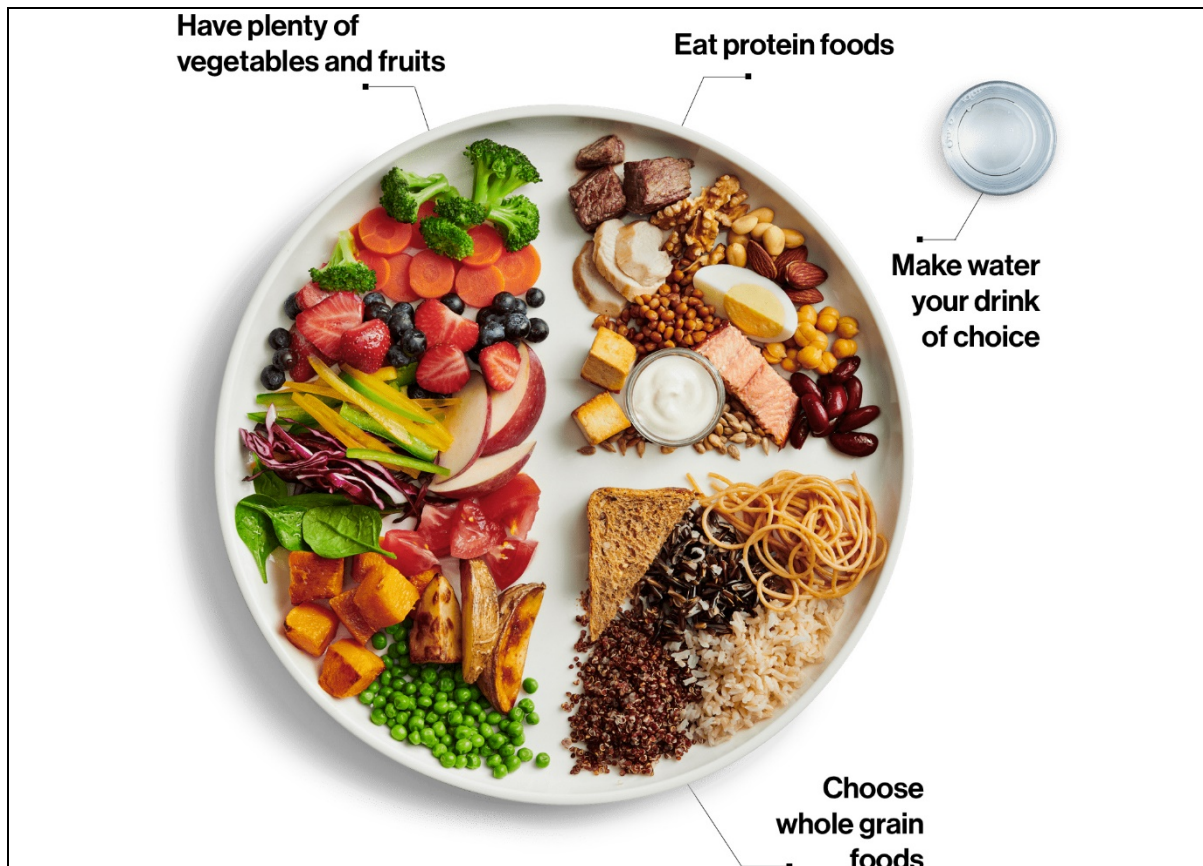


Scientific evidence shows that eating mostly plant-based foods — whole grains, vegetables, fruits, and beans — plays an important role in preventing cancer and contributing to a healthier life, in general. That's because plant-based foods are high in the types of fiber, nutrients, and phytochemicals (natural substances) that may help to prevent cancer. Plus, plant-foods can help you manage your weight, and give you the energy you need to enjoy physical activity.

AICR advises you eat at least 30g of fiber from food sources. Try to eat a minimum of 3.5 cups to 5 cups of vegetables and fruits each day for overall good health and to lower your cancer risk. Try to focus on incorporating a variety of whole grains into your diet regularly.

- Vegetables and fruits supply your body with vitamins, minerals, and fiber that it needs to lay the foundation in your blueprint for reducing cancer risk.
- Vegetables and fruits may help to protect you from a host of cancers – such as colorectal, esophageal, mouth, pharynx, larynx, and stomach.
- AICR's *Third Expert Report* cites strong evidence that eating plenty of plant foods rich in dietary fiber reduces the risk of colorectal cancer. (Animal foods contain no dietary fiber.)
- Phytochemicals (natural substances) can protect cells from the damage that may lead to cancer.

Set yourself up for success by gradually transitioning to a diet of focusing on plant foods. The **New Canadian Dinner Plate from Canada's Food Guide** (as showcased below):



is a great model to help you get started. Over time, your taste preferences will change to prefer less salty, less sugary, and less fatty foods. Your dinner plate should consist of the following: 50% fruits and vegetables, 25% whole grain foods, and 25% protein. More information on Canada's Food Guide may be found at www.Canada.ca/FoodGuide.

About Vegetables:

Vegetables provide a multitude of cancer fighting nutrients and compounds. Whether you choose fresh, frozen, or canned (the ones without added salt or fat) veggies, include a variety of vegetables in your meals. If you eat starchy roots and tubers as staple foods be sure to include non-starchy vegetables regularly too.

About Fruit:

Fruits plucked from a tree, frozen or canned (without added sugar) offer a sweet, healthy treat along with providing a range of nutrients. Although a small (6-ounce) glass of 100% fruit juice can serve as one of the day's fruit selections, it's best to eat fruit for its fiber and less calories. Stay away from sugary fruit beverages.

About Whole Grains:

Whole grains should be a staple in your kitchen and featured in your meals. Whole grains such as oats, brown rice, and quinoa and whole-grain foods such as whole-wheat pasta and whole-grain bread provide cancer-protective fiber and phytochemicals. Whole grains contain all parts of the grain, including the healthy germ and bran. The germ and bran provide more cancer fighting fiber

along with protective compounds. Refined white rice, white bread, and regular pasta lose these nutritionally rich substances during processing from whole grains to refined grains.

Did you know? Eating at least 3 ounces or servings of whole grains per day lowers risk of colorectal cancer. 1 ounce of whole grain is equivalent to 1/2 cup of cooked brown rice, 1/2 cup cooked oatmeal, 1/2 cup of cooked whole grain pasta, or 1 regular slice of whole-grain bread.

About Beans:

Dried beans such as pulses (legumes) are packed with cancer preventing fiber – plus, they have protein. That means beans can be used as a substitute for red meat, which can further help you reduce cancer risk. Hearty lentils, split peas, chickpeas and pinto, kidney, black, white, navy and other beans offer a variety of flavors and cooking options. Enjoy them at least a few times each week.

**2. LIMIT CONSUMPTION
OF RED & PROCESSED
MEAT**

Eat no more than moderate amounts (12-18 ounces per week) of red meat, such as beef, pork and lamb. Eat little, if any, processed meat, such as bacon, sausage and deli meats.

Read on for more information....



You don't have to eat red meat to get the nutrients you need, but eating moderate amounts

provides a good source of protein, iron, zinc, and vitamin B12. However, eating more than 18 oz. of red meat weekly can increase your cancer risk. If you eat red meat, limit the consumption to no more than 3 portions a week or about 12-18 ounces (cooked). Processed meats are meats that have been smoked, cured, salted, fermented or had preservatives added to them. Eat little, if any, processed meat. Examples of processed meats are: hot dogs, sausage, deli meats and bacon.



Think of lean meat as a side dish. In your blueprint to beat cancer, it helps to think of animal proteins like fish, poultry, and lean red meat as a complement to your mostly plant-based meals. Load your plate with greens and grains, and let meat be a secondary focus of your meal.



Go meatless now and then. Don't feel like every meal you make has to include meat. Have fun exploring plant-based recipes and enjoy some lunches and dinners that are entirely plant-based. The next time you make chili, for instance, consider adding extra kidney beans in place of ground beef. You'll save money and enjoy a flavorful dish that lowers your cancer risk.



Load up on the good stuff. Remember, no matter what type of meat you eat, plant-based foods should make up two thirds (or more!) of any meal, while one third or less should be made up of animal proteins such as seafood, poultry and dairy foods and occasionally lean and red meat. Skip the processed meats. Processed meats have been smoked, cured, salted, fermented or had preservatives added to them. Instead of eating hot dogs, bacon, sausage and deli meats, go for fresh roasted poultry, nut butters, hummus, and other bean spreads for sandwiches and other dining options.

3. MAINTAIN A HEALTHY WEIGHT

Maintaining a healthy weight is one of the most important things you can do to protect yourself from cancer.

Read on for more information...



Convincing evidence from the AICR's Third Expert Report shows that a strong link exists between excess body fat and cancer risk. Too much body fat can increase cancer risk. Research suggests that fat at the waist or visceral fat is also a problem. Here's how having too much body fat can put you at risk for cancer:

Carrying too much body fat can produce proteins called cytokines which trigger inflammation and/or chronic inflammation. Cancer happens when cellular growth becomes corrupted. A state of constant cellular growth with chronic inflammation creates more opportunities for such corruptions and cancer to occur.

Having a large amount of fat tissue can cause your body to produce too much estrogen, which can lead to the development of several cancers, including breast cancer and endometrial cancer in females.

Fat cells produce a variety of proteins that cause high levels of insulin and other hormones, which in turn may spur cancer cell growth, including colorectal cancer.

Risk for cancer increases with having excess visceral fat and significant excess body fat.

Take Action. It's never too late to make some lifestyle changes to have a healthy weight. There may be some challenges involved, and it may take some time, but if you're ready to improve your health, it is possible.



Be Physically Active:

To prevent weight gain that raises your risk of cancer, AICR recommends you be moderately active at least two and a half hours a week. Being moderately active can include going for a brisk walk, cycling, even gardening — any activity that increases your heart rate and leaves you slightly out of breath. The more you move, the greater the benefit — so upping your activity is even more cancer protective. To intentionally lose weight, start with moderate activities and work up to more vigorous activities — go for a run, play sports, or go to the gym. Whatever activities you do, do those you enjoy.

Move More, Sit Less:

In addition to adding intentional physical activity to your routine, make it a habit to move around more. Being inactive and sitting too much — whether it is at a desk or in front of a TV can lead to weight gain. Take breaks to get up every once in a while, even if it's only for 10 to 15 minutes at a time.

Keep It Up:

One of the hardest aspects of losing weight is accepting that it takes time. Changing your habits and diet can be challenging. Know that feelings of frustration are normal. Consider transitioning to a more nutritious eating style and more active lifestyle slowly, so you don't get tempted to give up. Before long, a plant-based diet and a more active lifestyle will become your new norm, and you will have a more natural, healthy weight.

4. BE PHYSICALLY ACTIVE

Be physically active as a part of your everyday life — walk more and sit less.

Read on for more information...



Studies show that regular physical activity helps to support a healthy immune system, reduces chronic inflammation, and helps your body maintain healthy levels of hormones like insulin and estrogen. Additionally, physical activity also helps you maintain a healthy weight – which boosts your overall health and offers a greater degree of protection from numerous forms of cancer. Research shows that physical activity can help protect you directly from three types of cancer – **colorectal**, endometrial and breast cancer.

Physical Activity:

Physical Activity can include just about any kind of movement. You don't have to run a marathon to benefit from physical activity — in fact, research shows moderate physical activity, including walking, protects against weight gain and obesity.

Don't feel like a long walk? Three 10-minute walks each day provide as much physical benefits as one 30-minute stroll. Have chores to do around the house? Vacuuming the floor or mowing the lawn can count as much as a stroll around the neighborhood.

Being physically active and exercising can lower your cancer risk, help you have a healthy weight and lessen your risk for numerous chronic diseases. Just 30 minutes of physical activity 5 times a week can go a long way towards improving your health.

To get the most out of your physical activity, combine it with a healthy diet. When you marry a plant-based eating style with intentional physical activity, you'll more likely balance the calories you take in with what you burn, and you'll more naturally have and maintain a healthy weight.

START MOVING! MAKE A PLAN... KEEP GOING AND KEEP AT IT!



Start Moving

Sometimes getting started is the hardest step. There may be mental hurdles to overcome, and feelings of frustration to get through. But it's never too late to start being active. And any type of physical activity is better than none.

Make it easy on yourself by starting simply, starting where you are, and taking one day at a time.

Meaning: If you used to run but you haven't laced up in years, then don't shoot for ten miles on day one. And, if you've never been into fitness, then don't start with a high-intensity, cross training class. Instead, set some realistic goals, make a plan, and try to get a little better each day.

Make A Plan

If you've never been physically active, consider starting your journey towards regular activity with a series of moderate, 15-minute exercise sessions. Do five sessions during week one. Then gradually add five, ten, or fifteen minutes over the next several weeks until each session gets past the 30-minute mark. If you want to start really simply, then go for brisk walks. By walking 30 minutes a-day, five days a week you easily meet AICR's recommendation to be physically active 150 minutes a-week and reduce your cancer risk. If you haven't been active in a while, begin with easy to moderate activities and build-up your time and intensity levels gradually. Warm up first by marching in place or walking for five minutes. Once you're done with your exercise, take care of your muscles by stretching for a few minutes.

Over time, increase your exercise level to improve your fitness. Push yourself without causing pain or too much exhaustion. Mix up your activity routine to keep it interesting. During the week, spend time doing different kinds of exercise:

- aerobic (try zumba or jogging)
- strengthening (try lifting weights, doing body weight work, or using resistance bands)

- balance (try tai chi and yoga)
- flexibility (try stretching)

Keep Going, Keep At It

Being consistently active is all about your mindset. Instead of thinking of exercise as a task, consider physical activity as play. Have a good time moving and enjoy the world around you, knowing that you are creating a healthier life for yourself. The best way to get active and stay active is to make sure you're having fun. If you're not into jogging solo, consider finding a group activity class that interests you. Maybe some yoga? Or dance? Or swimming? Or just hitting the gym? One way to really make physical activity part of your lifestyle is to add some accountability. Maybe start getting fit with a friend or someone who can support you and help keep you on track. Awareness of your progress is important. You can chart your activity in a workout journal or make a game out of counting your steps with a wearable fitness tracker.

5. LIMIT CONSUMPTION OF “FAST FOODS” & OTHER PROCESSED FOODS THAT ARE HIGH IN FAT, STARCHES, OR SUGARS

Limiting processed food products helps you control your calorie intake and makes it easier to maintain a healthy weight.

Read on for more information...



Most “fast foods” and other processed foods are high in calories and low in nutrients. These “fast foods” are readily available convenience foods that are high in calories and served in large portions. Speed of preparation is not the important factor; it’s the high fat, high sugar and low fiber and nutritional quality that’s important. A diet rich in fast foods including burgers, fried chicken pieces and fries typically served in franchise outlets, coupled with sugar-sweetened beverages and processed foods made with refined flour and added sugar can result in quick weight gain that is difficult to lose. As weight accumulates, it can lead to overweight and obesity and increase a person’s cancer risk.

You lead a busy life, and you sometimes feel that you don’t have enough time to prepare a meal or cook. Fast food can be tempting and more convenient, but over time, eating that way can have

negative impacts on your health and lead to weight gain, which can increase your risk for cancer.

SKIP THE JUNK FOOD....MAKE HEALTHY CHOICES



Skip the junk food. Just one oversized fast food meal can load your body with more calories than the average person needs in an entire day. Fuel up on fast foods that feature minimally processed delicious vegetables, fruit, whole grains and beans. You'll feel better eating nutritious fast foods with more fiber and less calories.

Limit common processed foods such as chips, cookies, candy bars, desserts, processed baked goods, sugary cereals, and fried foods. Instead keep carrot sticks and hummus handy, bring fruit to the office or keep a small bag of nuts at your desk. That way you can snack healthily.

At the grocery store, read the Nutrition Facts Labels on packaged foods to compare the calories per serving, sugar, fat and sodium content and select minimally processed foods with more fiber.

6. LIMIT CONSUMPTION OF SUGAR-SWEETENED DRINKS

Drink mostly water and unsweetened drinks.

Read on for more information...



Regular consumption of sugar-sweetened soft drinks and other sugary beverages causes weight gain and obesity. Overweight and obesity can increase your probability of developing 12 different types of cancer, including colorectal cancer. One 12-ounce can of many popular sodas contains 9 teaspoons of sugar or high fructose syrup, 150 calories, and absolutely zero nutrients. Bottled teas, lemonades, “energy” drinks, and many “juices” also add ample amounts of extra sugar.

Even fruit juice that contains no added sugars can fill you up with too many calories. It’s best for most people to have no more than 6 ounces (3/4 cup) of 100% fruit juice each day.

The sweet flavors that keep you coming back for another soda or sugary drink are also loading you with an excess intake of sugar. Drinking a lot of sodas or sugary drinks can impact your weight and can contribute to weight gain that increases your risk for cancer. So instead of reaching for a soda, get into the habit of keeping some water close by.

CHOOSE WATER AS THE HEALTHY ALTERNATIVE OR UNSWEETENED TEA



Choose the H₂O alternative. Still or sparkling water is a refreshing, healthy choice for a beverage. Choose plain or flavored waters that do not contain added sugar. Want some variety? Enjoy a mug of unsweetened tea or a fresh cup of coffee (without sugar). Or have fun infusing tea or water with fruits, lemon wedges, or even some slices of cucumber.

In laboratory studies, polyphenols found in tea and coffee show cancer-fighting potential as antioxidants and perhaps through other mechanisms. The four types of tea (black, oolong, green, and white) supply these protective substances. So, tea and coffee may contribute to a cancer-

fighting diet, as long as they aren't loaded with sugar and cream.

7. LIMIT ALCOHOL CONSUMPTION

For cancer prevention, it's best not to drink alcohol.

Read on for more information...



Strong evidence points to the link between alcohol consumption and some cancers. Drinking alcohol is directly linked to six different cancers (which includes colorectal cancer) and cancer risk from alcohol is not dependent on the type of alcohol, whether you're drinking beer, wine or distilled liquor. Ethanol appears to be the causative agent. Scientists are still researching how alcohol causes cancer. Ethanol, the alcohol found in drinks, is recognized as a carcinogen that may lead to DNA damage.

When you drink alcohol and you process ethanol, your body breaks it down into a chemical called acetaldehyde. Acetaldehyde not only damages your DNA, it also prevents your body from repairing the damage. Damage to your DNA can cause issues. DNA is your cells' "instruction manual." When your DNA is not working properly, your body's cellular growth and function is affected — and cancer develops from out of control cell growth.

Alcohol may also reduce folate absorption or help potential carcinogens (cancer causing agents) enter cells.

THINK BEFORE YOU DRINK... & TRY A HEALTHY SUBSTITUTE



The less alcohol you drink, the lower your risk for cancer. Even though most of us understand that drinking alcohol can be harmful, many Americans reach for a beer or a glass of wine without too much thought. But if you're interested in taking a proactive approach to cancer prevention, it's best not to drink alcohol.

Think Before You Drink

Any reduction in alcohol consumption will lower your risk for developing cancer. If you're going to drink, consider drinking less. Here are some tips to help:

- **Be Mindful of Moderation**

If you enjoy an occasional alcoholic beverage, or you're socializing where alcohol is being served, it is good to drink thoughtfully and in moderation.

If you do drink alcohol, limit your intake to no more than ***two drinks a day for men and one drink a day for women***. That's because even when men and women drink the same amount of alcohol, higher levels are seen in the bloodstream of women than of men. This means women's organs are exposed to higher levels of alcohol than men. **NB: *One drink is equivalent to 12 ounces of beer, 5 ounces of wine or 1.5 ounces of spirits (hard liquor)***.

- **Skip a Round**

If you've had a round or two already, why not skip the next one, and order a club soda, a non-alcoholic beer, some unsweetened iced tea, or sparkling water.

- **Be Conscious of Habits**

Be aware that restaurants and bars often serve larger than standard size alcoholic drinks. Order smaller sizes. Avoid asking for a double. Sip slowly. Alternate alcoholic and non-alcoholic drinks. Enjoy low or no-alcohol alternative drinks (such as non-alcoholic beer).

The **World Cancer Research Fund** published the following chart on alcoholic consumption and cancer risk based on the evidence to date:

ALCOHOLIC DRINKS AND THE RISK OF CANCER					
WCRF/AICR GRADING		DECREASES RISK		INCREASES RISK	
		Exposure	Cancer site	Exposure	Cancer site
STRONG EVIDENCE	Convincing			Alcoholic drinks ¹	Mouth, pharynx and larynx 2018 Oesophagus (<i>squamous cell carcinoma</i>) 2016 Liver 2015 ² Colorectum 2017 ³ Breast (postmenopause) 2017 ⁴
	Probable	Alcoholic drinks	Kidney 2015 ⁵	Alcoholic drinks	Stomach 2016 ² Breast (premenopause) 2017 ⁴
LIMITED EVIDENCE	Limited – suggestive			Alcoholic drinks	Lung 2017 Pancreas 2012 ² Skin (<i>basal cell carcinoma</i> and <i>malignant melanoma</i>) 2017
STRONG EVIDENCE	Substantial effect on risk unlikely	None identified			

- 1 Alcoholic drinks include beers, wines, spirits, fermented milks, mead and cider. The consumption of alcoholic drinks is graded by the International Agency for Research on Cancer as carcinogenic to humans (Group 1)[3].
- 2 The conclusions for alcoholic drinks and cancers of the liver, stomach and pancreas were based on evidence for alcohol intakes above approximately 45 grams of ethanol per day (about three drinks a day). No conclusions were possible for these cancers based on intakes below 45 grams of ethanol per day.
- 3 The conclusion for alcoholic drinks and colorectal cancer was based on alcohol intakes above approximately 30 grams of ethanol per day (about two drinks a day). No conclusion was possible based on intakes below 30 grams of ethanol per day.
- 4 No threshold level of alcohol intake was identified in the evidence for alcoholic drinks and breast cancer (pre and postmenopause).
- 5 The conclusion for alcoholic drinks and kidney cancer was based on alcohol intakes up to approximately 30 grams of ethanol per day (about two drinks a day). There was insufficient evidence to draw a conclusion for intakes above 30 grams of ethanol per day.

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8. SMOKING CESSATION

Avoid tobacco use to help reduce cancer risk.

Read on for more information...



Tobacco use is not just linked to lung cancer but to cellular damage all over the body. Long term smokers are more likely than non-smokers to develop and die from colorectal cancer. Smoking tobacco increases the risk of precancerous conditions such as polyps. It is never too late to quit smoking. Health Canada has a program designed to help smokers quite entitled: **On the Road to Quitting** program. People can also access the pan-Canadian toll-free quit line number for information at 1-866-366-3667.

9. DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION

Although supplements are popular, for cancer prevention, the AICR and WCRF recommends you meet your nutritional needs through diet alone.

Read on for more information...



When you eat whole foods, your body absorbs a range of vitamins, minerals, amino acids, and other compounds that work together to protect your health.

But when vitamins, minerals, fiber, and other food substances are isolated into supplements, they may not be absorbed as well by our bodies as they are from whole foods. While some people may need supplements because of pregnancy, age or a medical condition, by and large, it's best to get

nutrients directly from food. If you're going to take dietary supplements for reasons related to medical conditions, consult with your doctor first. Ask about possible interactions with your medications. Follow qualified medical advice as far as dosage and the length of use. Taking more of a supplement than directed is not better and may even be harmful.

For nutrients, rely on **whole grains, vegetables, fruits, beans and protein-rich foods.**

According to the AICR, when you include a sufficient amount of plant foods and protein-rich foods in your diet, taking supplements does not give additional cancer protection. Eating a variety of fruits and vegetables each day, plus whole grains and beans, ensures that you are getting as many valuable nutrients, including cancer-protective vitamins, minerals, fiber, and vital phytochemicals, as possible.

Balance your diet:



Build your meals mostly around plant foods. Aim for at least three quarters (3/4) of your plate to be filled with plant foods such as whole grains, fruit, vegetables, and beans. The remaining one quarter (1/4) of your plate may be filled with animal-based protein rich foods such as seafood, poultry, and dairy foods and occasionally with lean and red meat.

**10. GET SCREENED FOR
COLORECTAL CANCER**

The most effective way to reduce your risk of colorectal cancer is by having regular colorectal cancer

screening tests.

Read on for more information...



Screenings are tests that look for cancer before signs and symptoms develop. Colorectal screenings can often find growths on the inside of the colon or rectum called polyps that can be removed before they turn into cancer. These tests can also find colon or rectal cancer earlier, when the cancer is highly curable. If you follow the screening guidelines for colorectal cancer, the cancer can be found before you notice symptoms. Follow the guidelines even when you feel well and healthy.

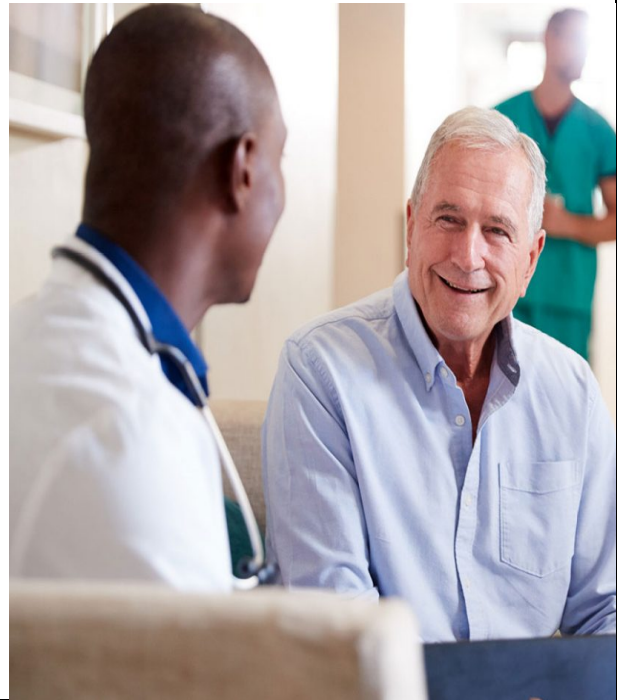
A stool test (the **FIT which is now available in almost all jurisdictions in Canada**) is recommended every 2 years if you are between 50 and 74 years of age and aren't at high risk for colorectal cancer. This means you are at average risk (no family history and you are not experiencing any symptoms of colorectal cancer). If you are at high risk for colorectal cancer, meaning you have a family history of the disease wherein a first degree relative was diagnosed with colorectal cancer (parent, sibling or child), you may need to be tested more often and at an earlier age with a **colonoscopy**. Please speak with your doctor about your risk. Together, you can decide which test is appropriate for you.

For more information about screening, please visit our section entitled: **Colorectal Cancer Screening in Canada.**

11. AFTER A CANCER DIAGNOSIS, FOLLOW THE SAME RECOMMENDATIONS

Following AICR's Cancer Prevention Recommendations may help reduce the risk of cancer recurrence.

Read on for more information...



Along with eating a mostly plant-based diet and maintaining a healthy weight, growing evidence shows that regular physical activity may help prevent cancer recurrence and improve the quality of life for many survivors. The recommendations can also protect you against other diseases such as heart disease, diabetes, and osteoporosis – diseases that many cancer survivors are more vulnerable to developing than people who have not been diagnosed with cancer.

Follow AICR recommendations which are based on the World Cancer Research Fund Recommendations, to survive and thrive after cancer. If you've been diagnosed with cancer, or are navigating life post-cancer, it's always good to consult with your healthcare professional when making health and lifestyle decisions. Your healthcare provider can ensure that the steps you take in treating cancer and preventing cancer recurrence are right for your unique health history, and they can help you make tailored decisions regarding your individual eating and physical activity concerns.

AICR's Cancer Prevention Recommendations aren't just useful for people who have never faced a cancer diagnosis — they also can be a blueprint for preventing cancer from reoccurring. If you're a cancer survivor (either newly diagnosed or post treatment), adopting these cancer recommendations (#1-10 from above) can improve the quality of your everyday life, and may help prevent a cancer recurrence.

Should you wish to access additional information on **Prevention of Colorectal Cancer**, please visit the American Institute for Cancer Research Website by clicking on the following link for they have a wealth of information available: <https://www.aicr.org/cancer-survival/cancer/colorectal-cancer/>



Or Contact Us, We Are Eager To Help:

Toll Free: 1 833 79 CCRAN (22726)

Email: info@ccran.org

SCREEN IT! TREAT IT! BEAT IT!

Together, Anything is Possible



Sources:

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<https://www.aicr.org/cancer-prevention/>

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Mayo Clinic

www.mayoclinic.org/diseases-conditions/colon-cancer/symptoms-causes/

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