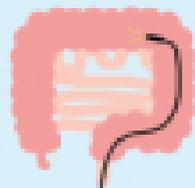


What you can do to reduce your risk factors for Colorectal Cancer.



Get Screened

Talk to your healthcare provider about when you should start getting a colorectal screening.



Eat Healthy

Eat more fruits and vegetables, drink more water and fewer sugar-sweetened beverages and create meal plans to cook at home.



QuitlineNC

Quit Tobacco Use

Coaching and medications can triple your chances of quitting for good.
1-800-Quit-Now
(1-800-784-8669)
www.QuitlineNC.com



Drink in Moderation

Alcohol should be limited to no more than one drink per day for women and two drinks per day for men.



Exercise

Strive to get at least 30 minutes of physical activity 5 days week and strength training at least twice a week.



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health



Comprehensive
Cancer Control
Collaborating to Conquer Cancer
NORTH CAROLINA



SCREENOUTCANCER
Colorectal Cancer

North Carolina Partnership to Increase
Colorectal Cancer Screenings (NC PICCS)