

# Tips for Healthy Living to Reduce Your Colorectal Cancer Risk

## **Don't use tobacco**

- Tobacco use is shown to cause colorectal and other cancers including lung, mouth, larynx (voice box), throat, esophagus, kidney, bladder, pancreas, stomach and cervical cancer.
- Don't smoke – if you do, stop. No single method of quitting works for everyone. Find the way that works best for you by going to [www.ndquits.com](http://www.ndquits.com) or call the North Dakota Tobacco Quitline at 1.800.QUIT.NOW (1.800.784.8669).

## **Eat a balanced diet that includes a variety of healthy foods**

- Eat fruits and vegetable (five to nine servings daily).
- Eat foods that are high in fiber (25 grams of fiber daily).
- Eat fat-free or low-fat dairy products (3 servings daily).
- Eat legumes, beans, nuts, fish, poultry and lean meats.
- Limit intake of red and processed meat.

## **Maintain a healthy weight**

- Reaching and maintaining a healthy weight is important for overall health.
- If you are overweight or obese, you are at higher risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes and certain cancers including colorectal cancer.

## **Drink alcohol in moderation, if at all**

- Limit alcohol intake to one drink or less per day for women.
- Limit alcohol intake to two drinks or less per day for men.
- Drinking alcohol in moderation reduces the risk of colorectal cancer.
- Colorectal cancer risk increases substantially with more than 2 drinks a day.

## **Follow colorectal cancer screening guidelines**

- Men and women age 50 and older should get screened for colorectal cancer.
- Screening tests include the Fecal Occult Blood Test, Flexible Sigmoidoscopy and Colonoscopy.
- The best test is the one that gets done. Talk to your health-care provider about getting screened.