

Here are some healthy lifestyle tips:

- Eat a healthy diet (lean meat, high fiber, fruits and vegetables)
- Stop smoking and drink less alcohol
- Maintain a healthy weight and be physically active
- Get screened if you are 50 years or over
- Discuss screening earlier than age 50 if you have:
 - Family history of colon cancer or polyps
 - Change in bowel habits
 - Blood in stool

National Alliance for Hispanic Health
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Learn more:



For more information on colon cancer, call the *Su Familia* Helpline toll-free at **1-866-783-2645** and receive a **FREE** lunch bag.