



March COLON CANCER AWARENESS MONTH

Colon cancer is the second-leading cause of cancer death in New York City.

Being 50 or older, having a personal or family history of colon cancer, smoking or being overweight or obese **increases your risk** for colon cancer.

The most effective way to **reduce your risk** of colon cancer is by getting screened beginning at age 50.

Although colon cancer is the second-leading cause of death in New York City, it is **one of the most preventable forms of cancer**. Colonoscopies can detect cancer early, when it is more treatable. They can also detect precancerous growths that your doctor can remove before they become dangerous.

COLON CANCER SCREENING SAVES LIVES

- ➔ If you are 50 years or older, you should have a colonoscopy every 10 years.
- ➔ If you are at increased risk for colon cancer based on family history or other health risks, talk to your doctor to see what age is appropriate to start screening for you.
- ➔ Annual high-sensitivity fecal occult blood testing (FOBT) is an alternative if you don't want to or cannot have a colonoscopy.

Ask your provider about the benefits and risks of colon cancer screening. If you don't have a primary care provider, please follow [this link](#) to find one in your network.

REDUCE YOUR RISK FOR COLON CANCER

- ➔ If you are a smoker, take [steps to quit smoking](#). City employees can quit smoking with free guidance and resources from the [Employee Smoking Cessation Assistance Program \(ESCAPE\)](#).
- ➔ Maintain a healthy weight and eat nutritious foods. Check out the [Guide to Healthy Eating & Active Living in NYC](#) for easy and delicious recipes and other tips on how to stay healthy.
- ➔ Exercising regularly can help you maintain a healthy weight. [Shape Up NYC](#) offers free fitness classes to all New Yorkers.
- ➔ For more information, please visit the Health Department's colon cancer [webpage](#).