



# Stop Colorectal Cancer in Its Tracks

Colorectal cancer is the second leading cause of cancer-related deaths in the United States. While most cases occur in men and women age 50 and older, a younger onset is on the rise.

Early colorectal cancer often has no symptoms, which is why screening is important. When detected early, most polyps can be removed before they become cancerous.

- ✓ Get screened regularly starting at age 45
- ✓ Add vegetables, fruits and whole grains to your diet
- ✓ Get regular exercise
- ✓ Stop smoking to lower your risk of colon cancer

Screening for colorectal cancer can be done either at home or by your doctor.

**Contact your primary care provider to schedule a screening today!**



Memorial Health Network is a physician-led organization created to manage and operate a clinically integrated provider network in collaboration with Memorial Healthcare System. Broward Guardian is a Medicare accountable care organization (ACO), operating under Memorial Healthcare System and providing enhanced coordinated care to the South Florida community.