



NATIONAL  
**COLORECTAL**  
cancer awareness



## Stop Colorectal Cancer in **Its Tracks** with Regular Screenings

 **Memorial**  
Health Network

 Broward Guardian

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.

**Up to 60% of colorectal cancer deaths could be prevented with screening.** 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.**

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.