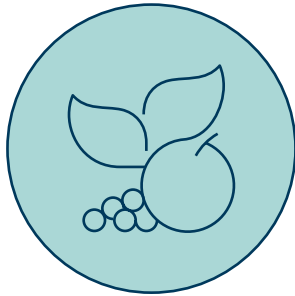


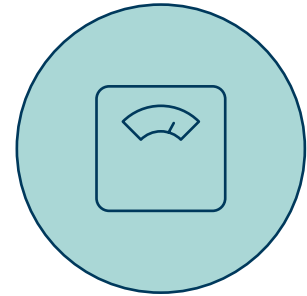
Ways To Reduce Your Risk of Colorectal Cancer



Eat a healthy diet



Be physically active



Maintain a healthy weight



Limit alcohol intake



Don't smoke or use any form of tobacco



Talk to your doctor about screening options



A Department of University of Oklahoma Medical Center

StephensonCancerCenter.org

(405) 271-1112