

**African Americans** are **20%** more likely to get colon cancer and **40%** more likely to die from it.

**Colon Cancer** is the second leading cause of cancer deaths among **Hispanic men** and the third leading cause of cancer deaths among **Hispanic women**.

## Get Screened

Regular screenings can detect colon cancer early, which makes it easier to treat.

Find an in-network doctor on [myCigna.com](https://mycigna.com) if you have questions about your colon health.

## Ways You Can Be Proactive About Your **Colon Health**

- ▶ **Get Screened**  
Regular screenings can detect colon cancer early, which makes it easier to treat.
- ▶ **Manage Diet and Physical Activity**  
Daily exercise, maintaining a low weight, and eating more fruits and vegetables may lower your risk.
- ▶ **Not Smoking**  
Long-term smoking is linked to colon cancer and other types of cancer.
- ▶ **Vitamins, Calcium, and Magnesium**  
Taking daily multivitamins may lower your risk for colon cancer.



## Know Your **Risk Factors** for **Colon Cancer**

- Over age 50
- Previously diagnosed with colon cancer
- 1st degree relative with colon cancer
- Have inflammatory bowel disease
- Rare inherited polyp syndrome
- Previous radiation treatments in pelvic region