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**.

<u>Get Screened</u>

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

Find an in-network doctor on 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.



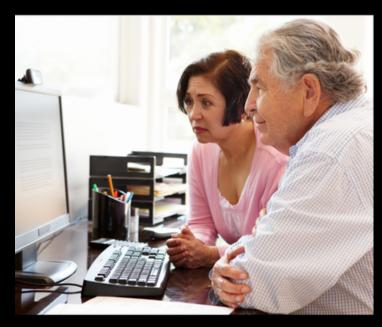
Not Smoking

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



