

Colon Cancer Screening

Beth Israel Lahey Health 
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What you should know

- **1 out of 23 men** and **1 out of 25 women** get colon cancer.
- **Screening** tests can help find the cancer early, when it's easier to treat.
- Screening is recommended for **everyone** age **45 or older**, even if there is no colon cancer in your family
- There are **different screening tests available**; some you can do at home without a colonoscopy.
- **Don't wait for symptoms.** By the time you have symptoms the disease could have spread.



What you can do

- A **healthy lifestyle** can help prevent colon cancer:
 - Don't smoke
 - Avoid alcohol
 - Exercise regularly
- Consume a **diet** with more fruits, vegetables, and lean protein (chicken, fish), and less red and processed meat (deli/luncheon meat, hot dog, pork, beef)
- Cancer does not stop during the pandemic. **Don't wait!**
- **Talk to your doctor** about getting tested and which test would be best for you.
- To **schedule a colonoscopy**, for Boston/Wellesley/Lexington call: 617-754-8888, for Needham call: 781-453-3688.



Get tested. Save your life.