

SUNDAY MORNING Health Corner

Understanding Colorectal Health

Colorectal cancer is one of the most preventable yet deadliest cancers affecting our communities. Early detection and lifestyle changes can save lives, especially in the African American community, where rates of diagnosis and mortality are disproportionately higher.

Know the Risk Factors:

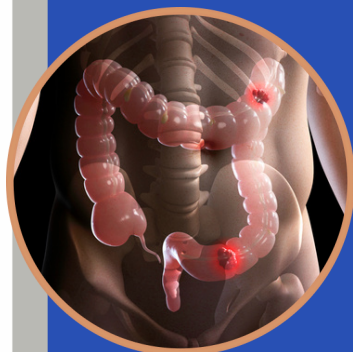
- ◆ **Age:** Risk increases for those over 45.
- ◆ **Family History:** A history of colorectal cancer or polyps increases risk.
- ◆ **Diet & Lifestyle:** High-fat diets, low fiber intake, smoking, and lack of exercise contribute to risk.
- ◆ **Health Conditions:** Obesity, diabetes, and inflammatory bowel diseases (Crohn's, ulcerative colitis) increase susceptibility.

Prevention & Early Detection:

- ✔ Regular Screenings – Get screened starting at age 45 (earlier if at high risk). Colonoscopies and stool tests help detect cancer early.
- ✔ Healthy Eating – Increase fiber intake with fruits, vegetables, and whole grains; reduce red and processed meats.
- ✔ Stay Active – Regular exercise supports colon health and reduces cancer risk.
- ✔ Avoid Smoking & Excessive Alcohol – These habits significantly increase risk.

Take Charge of Your Health!

Colorectal cancer is highly treatable when caught early. Talk to your doctor about screening options and make the commitment to safeguard your health.



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