

# GET YOURSELF TESTED

**THAT'S RIGHT, FOR COLON CANCER....**

- The second most common cause of cancer deaths, colon cancer affects 1 out of 20 people.
- Stress, poor diet, heredity or lack of exercise can cause polyps to develop inside our colons which over time can lead to cancer.
- Early detection can prevent polyps from becoming cancer. Get screened at age 50, or 40 if there is a family history.



**SO WHILE YOU'RE HERE**

take a moment to consider your health. Ask your doctor about colon cancer screening.