

51000 PEOPLE DIE FROM COLORECTAL CANCER EACH YEAR

# BEAT THE ODDS! GET SCREENED TODAY

Dear Member,

9 out of 10 people survive cancer because it got diagnosed early? Get screened for colorectal cancer!



CRC IS PREVENTABLE  
AND EASILY TREATABLE  
IF CAUGHT EARLY



individuals if diagnosed  
with early stage CRC

**SURVIVE 5 YEARS**  
(and many live much longer)

Regular screening can detect  
cancer early and prevent them  
from worsening.

DO YOU HAVE ANY OF THESE SYMPTOMS?  
CONSULT A HEALTHCARE PROVIDER RIGHT AWAY!



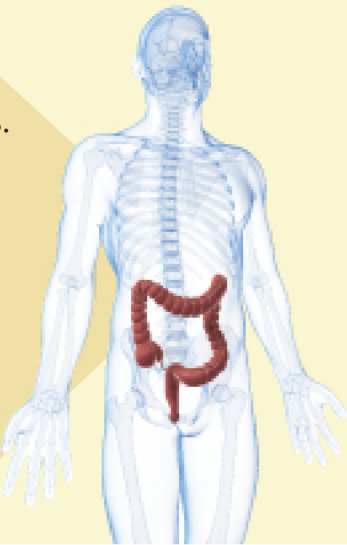
Change in Bowel habits: Diarrhea,  
Constipation lasting for more days.



Blood on your toilet paper! Rectal  
bleeding, dark stools, or  
blood in the stool.



Abdominal pain



THESE ARE FEW THINGS THAT MIGHT WORK TO FIGHT  
AGAINST CANCER

Consume foods rich in flavanols  
like (apples,pomegranate)



Avoid Alcohol and  
Smoking

Have foods rich in  
carbohydrates and Vitamin B  
(bread, cereals and grains)



Avoid Red meat

Consume more garlic in  
your diet



Exercise Frequently

## GET SCREENED BEFORE IT'S TOO LATE

Detect cancer early through Colorectal cancer  
screening and prevent it from causing further harm.



Fix an appointment now



Call us to schedule an appointment

**866-214-4524**