

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**



More than

**9 out of 10**

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!**



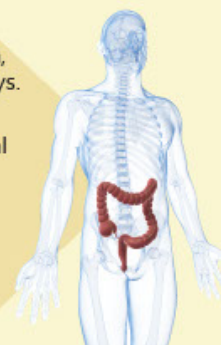
Change in Bowel habits: Diarrhea,  
Constipation lasting for more days.



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**

Regards,

Dr Letha D. Madera

Interactive Health Clinic

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Call us to schedule an appointment

**866-214-4524**



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