

# Reducing Risk for Colorectal Cancer

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## WHAT TO KNOW

- The most effective way to reduce your risk of colorectal cancer is to get screened regularly, beginning at age 45.



## Steps you can take

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum. Such polyps can be present in the colon for years before invasive cancer develops. They may not cause any symptoms, especially early on. [Colorectal cancer screening](#) can find precancerous polyps so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented. Screening can also find colorectal cancer early, when treatment works best.

Some studies suggest that people may reduce their risk of developing colorectal cancer by:

- Increasing physical activity.
- Keeping a healthy weight.
- Eating a diet low in animal fats and high in fruits, vegetables, and whole grains.
- Limiting [alcohol](#) consumption.
- Avoiding [tobacco](#).

## Strangers with Colons: Bryce and Rahman

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In [this video](#), Bryce and Rahman answer questions about prep, the procedure, and the follow up for this colorectal cancer screening option. A 30-second version is also available: [watch](#) or [download](#) [MP4](#) [1.1MB].

## SOURCES

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