



Stop Colorectal Cancer Early

Colorectal cancer is the second leading cause of cancer-related deaths in the United States. Catching it early with regular screenings is key to successful treatment.

Lower Your Risk of Colorectal Cancer:

- After you turn 50, you should have regular colorectal cancer screenings.
- Strive to maintain a low-fat diet that's high in fiber.
- When combined, alcohol and tobacco are linked to colorectal cancer and other gastrointestinal cancers. If you drink alcohol, drink only in moderation. If you use tobacco, quit.
- Exercise for at least 20 minutes three to four days per week.

Finding cancer and treating it early is key to a successful treatment outcome. You should call your doctor to make an appointment to get screened.



Ambetter's **24/7 Nurse Advice Line** is staffed by registered nurses 24 hours a day, seven days a week, 365 days a year.

To talk with someone about colorectal cancer screenings, call the Nurse Advice Line at 1-877-617-0390 (TTY: 1-877-617-0392).