

# Reduce the Risk of Colorectal Cancer by



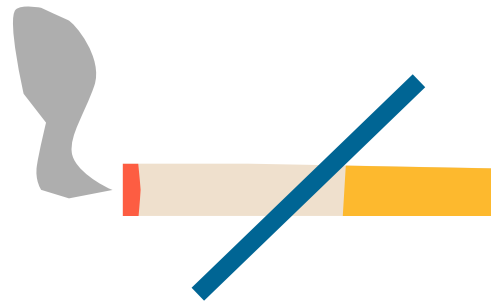
**Routine screening**



**Regular exercise**



**Eating more  
fruits, vegetables &  
whole grains**



**Quitting smoking**



**Limiting alcohol  
intake**

COLORECTAL CANCER AWARENESS MONTH