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# **Colorectal Cancer Screening Before Age 50?**



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# Why the increase in early-onset colorectal cancer?

It is still unclear and why this is. It has been suggested that there is an association between environmental triggers, obesity, and clearly, there is a role of diet.



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# When do I start screening?

Individuals between 45 and 50 should discuss with their doctors whether to now begin screening at 45 or wait until 50.

# What can I do to prevent colorectal cancer?

- Screening (with a colonoscopy for example) when appropriate
- Quit smoking
- Increase physical activity
- Avoiding being overweight and obese
- Drink alcohol in moderation
- Limit consumption of processed meats and red meat
- Aspirin



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