

# Stop Colorectal Cancer Early

Colorectal cancer is the second leading cause of cancer-related deaths in the United States.<sup>1</sup> Catching it early with regular screenings is key to successful treatment.

## Lower Your Risk of Colorectal Cancer:

- Get screened for colorectal cancer regularly.
- Strive to maintain a low-fat diet that's high in fiber.
- If you drink alcohol, drink only moderation. If you use tobacco products, 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. Call your doctor to make an appointment to get screened.**

---

<sup>1</sup><https://www.cancer.gov/types/colorectal/screening-fact-sheet>



Arkansas Total Care'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 1-866-282-6280 (TTY: 711).