

Colorectal Cancer Screening and Prevention

Did you know...

- colorectal cancer is the leading cause of new cases of cancer among Alaska Native people?
- colorectal cancer is twice as common among those with a first-degree relative (parent, sibling, or child) who has had colorectal cancer?
- physical activity can reduce your risk of colorectal cancer by as much as 50%? Have fun moving your body for 30 minutes or more each day. Go for a brisk walk with a friend today!
- colorectal cancer risk is higher among people who use tobacco? If you need help quitting, talk to an ANTHC Tobacco Cessation Specialist at (907) 729-4343 today!
- colorectal cancer is a preventable and highly treatable cancer when found at an early stage? People who are diagnosed at early stages have over a 90% chance of a cure. Don't wait!
- you can help to prevent colorectal cancer! Love your colon by having recommended screening exams. Tell a friend. Support family and friends to have their colon screening today!
- if you are over 40 (or 45 if non-Alaska Native), or have a family history of colorectal cancer, talk to your provider about getting screened today! Call the ANMC CRC Screening Patient Navigators at (907) 729-4444 for more information.



Did you know...

- you can prevent colorectal cancer by eating well and maintaining a healthy weight? Enjoy eating traditional plants, berries, fish and greens. Fill half your plate with a variety of fruits and vegetables. Make your plate a rainbow by choosing different colors of fruits and vegetables. Yum!



- excessive alcohol consumption is associated with the risk for colorectal cancer? Opt for healthy choices like water and herbal tea. If you choose to consume alcohol, limit your intake to no more than 2-3 drinks per day for men and 1-2 drinks per day for women.



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Cancer Program

Email: cancer@anthc.org

Web: anthc.org/what-we-do/wellness/cancer-program/