



EXERCISE

Daily physical activity may reduce the likelihood of developing colorectal cancer.



SCREENING

Screening identifies potential cancer at earlier stages and may improve lifespan. CICR supports the U.S. Prevention Services Task Force recommendation of screening all adults for colorectal cancer **starting at age 45** when possible.



DIET

Eating foods directly of the land has an immediate impact on the health of your colon.



Your decisions influence your chances of developing cancer.

INDIGENOUS LIFEWAYS CAN HELP PREVENT COLORECTAL CANCER.

For more information about colorectal cancer screening please contact your primary care office, or call the Center For Indigenous Cancer Research (CICR) patient navigation program at

1-888-RPGUIDE (1-888-774-8433)

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