## HIS NATIONAL RECIAL CANCER WARENESS MONTH

Most Canadians don't like to talk affected by this disease to tell their cancer death? We invite you to join that. March is National Colorectal These conversations can save lives! Cancer Awareness Month, and this

caregivers, and everyone who has been Canada's second leading cause of Treatable and Beatable."

about colorectal cancer but the month story and to talk about a disease that us by sharing information about the of March is a great time to change is preventable, treatable and beatable. importance of recognizing the signs and symptoms of colorectal cancer. Please help to spread the message: is a great time for survivors, patients, Are you ready to join the fight against Colorectal cancer is "Preventable,



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## WHAT YOU GAN DO

IF YOU'RE AGED 50 TO 75, GET SCREENED FOR COLORECTAL CANCER REGULARLY.

Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.

- · Be physically active.
- · Maintain a healthy weight.
- · Don't drink too much alcohol.
- Don't smoke.



To learn more

about cancer

or cancer risk

factors, visit the

Canadian Cancer

Society website,

or call toll-free

1-888-939-3333

Monday to

Friday, TTY

1-866-786-1934.

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