



Digestive Disease Institute | Taussig Cancer Institute

Score Against Colon Cancer

How Do You Score Against Colon Cancer?

Visit clevelandclinic.org/score to take a quick online survey to determine your colon cancer risk score, screening recommendations and personalized family tree.

At this site, you also will find:

- Patient stories
- Healthy recipes
- Wellness tips

Did You Know?

- Colon cancer is one of the most preventable cancers.
- Ohioans' rates of colon cancer and death from the disease are higher than the national average
- If you are black, you are at an increased risk for colon cancer.
- Black males in Ohio have the highest deaths due to colon cancer of all gender/race groups.
- Removal of precancerous polyps by colonoscopy reduces your chance of getting colon cancer by 70 percent.

You have the power to stop colon cancer before it starts!

Over the age of 50?

Need a colonoscopy but you don't have healthcare?

Call today and get financially cleared for a colonoscopy at one of our many Cleveland Clinic locations.

216-445-8096

How many people get colorectal cancer?

In 2013 in the U.S., the American Cancer Society estimates

- About 102,480 new cases of colon cancer
- About 40,340 new cases of rectal cancer
- About 50,830 deaths from colorectal cancer

Not counting skin cancers, colorectal cancer is the third most common cancer found in men and women in the U.S. Overall, the lifetime risk of developing colorectal cancer is about 1 in 20.



7 Steps to a Healthier Colon



- ✓ Get regular colon cancer screenings beginning at age 50; if you are black, your screenings should begin at age 45. Talk to your doctor about earlier screening if you have a personal or family history of colon cancer or polyps.
- ✓ A diet high in fat, processed foods and red meats increases colon cancer. Limit your consumption of these foods.
- ✓ Eat more fruits and vegetables, whole grain breads and cereals, nuts and beans.
- ✓ Being overweight or obese increases your risk of colon cancer. Maintain a normal body mass index (BMI), which is a reliable indicator of body fat in most people.
- ✓ Exercise at a moderate intensity for at least 30 minutes five days a week.
- ✓ Limit alcohol consumption. If you drink, recommended limits are:
Women: one drink a day | **Men:** two drinks a day
- ✓ Smoking increases your risk of polyps and colon cancer. Take steps now to quit.

Schedule your colonoscopy today!

Call **866.382.0089** to make an appointment for a colonoscopy or to see a digestive specialist at one of our convenient locations:

- Cleveland Clinic Main Campus
- Beachwood Family Health & Surgery Center
- Brunswick Family Health Center
- Hillcrest Hospital
- Independence Family Health Center
- Medina Hospital
- Richard E. Jacobs Health Center (Avon)
- Strongsville Family Health & Surgery Center
- Twinsburg Family Health & Surgery Center
- Willoughby Hills Family Health Center
- Wooster Family Health & Surgery Center