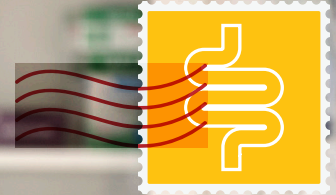


TRS-ActiveCare

PREVENT, TREAT AND BEAT COLON CANCER



BlueResourceSM – Protecting Your Health – Screening for Colon Cancer

Let's talk about colon cancer. Colon cancer is a leading cause of cancer deaths in the United States but, you can take steps to detect it early. Here's how to protect yourself:

Lower your risks. A healthy lifestyle can help prevent cancer. Don't smoke, lose weight if needed, get plenty of exercise and eat foods rich in fiber.

Know your family history. Find out if anyone in your family, whether they're your parents, grandparents, sisters, or brothers, was diagnosed with colon cancer. If so, tell your doctor right away.

Watch for symptoms. Tell your doctor if you have cramping in your lower stomach, unexplained weight loss or a change in bowel habits. These can be warning signs.

Get a colonoscopy. Talk to your doctor about if and how often you should get screened. Your age and family history play a role in deciding what's best for you.



Know how to reduce your risks for colon cancer.

Sources: *Colorectal Cancer: What Should I Know About Screening?* Centers for Disease Control and Prevention. 2020.
What Can I Do to Reduce My Risk of Colorectal Cancer? Centers for Disease Control and Prevention. 2020.
What are the Symptoms of Colorectal Cancer? Centers for Disease Control and Prevention. 2020.
Colorectal Cancer: What Should I Know About Screening? Centers for Disease Control and Prevention. 2020.

761644.0223



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association