



**High-fiber foods include:**

- Whole wheat pasta and bread
- Brown rice
- Avocado
- Dried fruits like prunes
- Berries
- Apples and pears
- Whole grains like barley or oats
- Legumes, nuts and seeds
- Vegetables, especially greens

According to the Institute of Medicine, men need about 38 grams of fiber per day, while women need about 25 grams.

Unfortunately, the average American eats only about 10 to 15 grams of fiber per day.

Eating a diet that is high in fiber reduces your risk of colorectal cancer, lowers cholesterol, and improves bowel movement frequency and consistency.

To learn more, refer to the “Choose Your Poo” guide located inside this brochure.



HD19\_026



**Source:** American Cancer Society  
([www.cancer.org](http://www.cancer.org))

// Feel Well. Live Well.

**Colorectal Cancer  
Awareness Month**



ARE YOU AT RISK FOR

**COLORECTAL  
CANCER?**



March



## Risk Factors

### Insufficient physical activity

- Get at least 150 minutes of moderate intensity exercise every week

### Low fruit and vegetable intake

- Eat at least 5 servings of fruits and vegetables per day.

### Low-fiber and high-fat diet

- Limit fat intake
- Eat more high-fiber foods

### Overweight and obesity

- Moderate weight loss can significantly lower your risk of colorectal cancer

### Alcohol consumption

Limit your alcohol use to:

- One drink per day for women
- Two drinks per day for men under 65 years of age
- One drink per day for men over 65 years of age

### Tobacco use

- If you need help quitting, contact the SD QuitLine at 866-737-8487
- Quit kits are available to help you through the cessation process



8 a.m. Saturday,  
August 10  
Riverdale Park

## Colorectal Screening

There are three screening available for colorectal cancer. It is recommended that individuals get screened regularly beginning at age 50 and continuing through age 75.

**Colonoscopy:** Uses a thin, flexible tube called a colonoscope to examine your large intestine, looking for ulcers, polyps, tumors, inflammation, or bleeding.

**Sigmoidoscopy:** Less invasive than a colonoscopy. Only examines the lower colon. Requires less bowel preparation.

**Feal occult blood test (FOBT):** A lab test which checks for blood in the stool. Can be completed at home with an iFOBT testing kit.

## Know Your Risk!

Colorectal cancer affects **both men and women.**

It often starts with **NO symptoms.**

**Family history** increases the odds of having colorectal cancer.

### Cancer Control Hotlines and Information Lines

**American Cancer Society**  
800-227-2345

**National Cancer Institute**  
800-422-6237

**Cancer Care Inc.**  
800-813-4673

## Choose Your Poo

TYPE	PICTURE	LOOKS LIKE	WHAT IT MAY MEAN
1		<b>Rabbit droppings</b> Separate, hard lumps, like nuts (hard to pass)	Bacteria is missing and there is nothing to retain water.
2		<b>Bunch of grapes</b> Sausage-shaped but lumpy	Waste is in the body for several weeks instead of the normal 72 hours.
3		<b>Black tar</b> Gummy and sticky	There is bleeding in stomach.
4		<b>Corn on cob</b> Like a sausage, but with cracks on its surface	Waste is in the body for one to two weeks instead of the normal 72 hours.
5		<b>Sausage</b> Like a sausage or snake, smooth and soft	Normal. This indicates great health for someone who goes one time per day.

TYPE	PICTURE	LOOKS LIKE	WHAT IT MAY MEAN
6		<b>Chicken nuggets</b> Soft blobs with clear-cut edges (passed easily)	Normal. This indicates great health for someone who goes two times per day.
7		<b>Clay</b> White or clay-colored and mushy	There is a lack of bile, which may indicate duct blockage.
8		<b>Porridge</b> Fluffy pieces with ragged edges, a mushy stool	Over-active colon, excess potassium, sudden dehydration, or a rapid rise in blood pressure due to stress.
9		<b>Bloody meat</b> Watery with visible blood	Waste is in the body for one to two weeks instead of the normal 72 hours.

For Your Health



# Colorectal Cancer Awareness

