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for your well-being

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# A TIP FOR TENNESSEANS

March 21, 2017

## Test your cancer smarts.

Could there possibly be any good news about cancer these days? Thanks to healthier habits and so many advances in screening and treatment, the answer is, “yes.” But, how much do you know about one type—colorectal cancer—and how to prevent it? Can you answer these questions?

### True? Or false?

1. Weight gain is a symptom of colorectal cancer.
2. Finding and removing colon polyps prevents colorectal cancer.
3. Men are more likely to develop colorectal cancer than women.

Answers below. Read more about colorectal cancer [screening](#), [symptoms](#), and [prevention](#). And share the information with someone you care about.

### Practice prevention.

Healthy habits, like these, go a long way in helping prevent colorectal cancer:

- Don't use tobacco.
- Maintain a healthy weight.
- Eat more high fiber foods, including vegetables, fruits and whole grains.
- Stay physically active.
- Get regular check ups and screenings that your doctor recommends.

#### Answers:

1. False; 2. True; 3. False



### Use your resources.

Sign in to your [Well-Being Account](#) and search the recipe library for new meal plans that include more health-defending fiber.



### QUICK LINKS

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Sources:

Colorectal Cancer (CRC) 101: What is Colorectal Cancer?" American Gastroenterological Association, July 2016. Web. 16 February 2017. | "Colorectal Cancer (CRC) 102: Symptoms." American Gastroenterological Association, July 2016. Web. 16 February 2017. | "Colorectal Cancer (CRC) 105: Prevention." American Gastroenterological Association, July 2016. Web. 16 February 2017.

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