



Understand Your Risk Factors for Colorectal Cancer

Colorectal cancer often develops with few or no warning signs. Your best defense includes recognizing risk factors, enjoying a healthy lifestyle and scheduling a colonoscopy. A colonoscopy screening can save your life.

LOHMAN
ENDOSCOPY CENTER

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Age?

Are you over 50? Younger adults can develop colorectal cancer too, but chances increase after 50. About 9 out of 10 people diagnosed with colorectal cancer are 50 or over.

Family History?

People with one or more immediate family members with colorectal cancer are at significantly increased risk. Having family members with Polyposis Syndrome is also linked to increased risk.

Ethnicity/Race?

African Americans have a higher risk. Screening starts at age 45.

Healthy Diet?

A diet high in red meats and processed meats can increase the risk of colorectal cancer. Diets high in fruits, vegetables and whole grains have been linked to decreased risk of colorectal cancer.

Obese/Physically Inactive?

Your risk of colorectal cancer increases if you are very overweight. This is true for women and men, though the link may be stronger in men.

Smoke?

Do you smoke? Long-term smokers are at a higher risk of developing lung cancer and/or other cancers, including colorectal cancer.

**Ask your doctor about your risk
for colon cancer!
To schedule a screening
colonoscopy, call (575) 521-6239.**

