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50 Ways To Prevent Colon

Colon cancer kills.

However, 95 percent of all colon cancers can be halted when caught early enough.

Moreover, colon cancer can be prevented entirely through a high fiber, low-fat diet. 50 Ways To Prevent Colon Cancer gives a detailed look at how the colon functions and how dietary factors and

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stress can cause it to malfunction.

50 Ways to Prevent Colon Cancer: Rosenthal, M. Sara

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Everything you need to
know about: how the
colon functions and
how it can malfunction,
routine screening,
maintaining a high-

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fiber, low-fat diet, and more.

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Here are seven best ways to prevent colon cancer: 1. Eat foods high in fiber. The American Cancer Society recommends

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consuming a diet high in fiber such as fruits and vegetables, as they can help protect your colon walls and help cleansing your colon. Choosing whole grains and whole grain products, may also be helpful.

7 Best Ways to Prevent Colon Cancer - eHealthzine

Prevent colon cancer and rectal cancer with regular screening tests

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post 50. Eat fibrous and colorful veggies, exercise, reduce drinking, and quit smoking. Go for regular screen tests if you're 50 or have a family history of polyps, cancer, or IBD.

5 Effective Ways To Prevent Colorectal Cancer Naturally

Overall, the most effective way to reduce your risk of colorectal cancer is to get

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screened for colorectal cancer routinely, beginning at age 50. Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum. Such polyps can be present in the colon for years before invasive cancer develops.

**What Can I Do to
Reduce My Risk of
Colorectal Cancer? |
CDC**

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The more healthy foods you eat the better chance to prevent diseases. In addition, avoid or lessen processed foods and meat. Remember that colon cancer is a disease in the colon, where foods are kept. That's why you keep in mind to eat the healthiest foods every day as this is one of the natural ways to treat colon cancer, and even prevent it. 3.

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6 Ways to Prevent Colon Cancer for Men and Women

"The damage that is going to cause colon cancer, even when you're 50, may be happening right now," says Mark Welton, M.D., a Men's Health advisor and chief of colorectal surgery at the Stanford ...

6 Ways to Prevent Colon Cancer - Men's

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Health

Polyp removal is the best way to treat colon polyps and prevent cancer from developing. People with risk factors should get regular screenings for colon polyps, especially if they are over 50 ...

Colon polyps: Causes, symptoms, and treatment

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Real-life strategies to reduce your risk of cancer. Using any type of tobacco puts you on a collision course with cancer. Smoking has been linked to various types of cancer — including cancer of the lung, mouth, throat, larynx, pancreas, bladder, cervix and kidney.

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Cancer prevention: 7 tips to reduce your risk - Mayo Clinic

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The topic of colon cancer was front and center when actor Chadwick Boseman died of colon cancer in August. He was 43. To

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lose someone so young to this type of cancer was shocking, yet fitted this trend: While older people are being diagnosed less with this disease, those younger than 55 years old are being diagnosed more, 2% each year between 2007 and 2016.

Seeking Ways to Prevent a (Nearly) Preventable Cancer

Colon cancer is

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preventable. Here are three ways to prevent colorectal cancer. 1. Know your family history. When and how often to screen for colorectal cancer depends on your family history. Average risk individuals without family history of colon cancer should start at age 50.

3 ways to prevent colorectal cancer -
KevinMD.com

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"A drug that could prevent ... that colon cancer was higher in people deficient in vitamin D and that by increasing vitamin D to healthy blood levels, colon cancer risk was reduced by 50%.

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