

We can lower our risks for colon cancer by taking care of ourselves and each other.

Managing our weight, limiting consumption of alcohol, and red and processed meats, and avoiding smoking can reduce our risks.

Colorectal cancer is an LGBTQ+ issue.

Did you know that areas with more LGBTQ+ people may have a higher incidence of colorectal cancer?*

If you're over 45, it's important to get screened.

It isn't as scary or uncomfortable as you may think. Finding a LGBTQ-friendly provider can make it even easier. Talk to your primary care provider about colorectal cancer screening.

If you do not have a primary care provider, visit <https://cancer-network.org/ri-resources/> to find resources in your area.

Source: Boehmer U, Ozonoff A, Miao X. An ecological analysis of colorectal cancer incidence and mortality: Differences by sexual orientation. *BMC Cancer*. 2011;11(1):400. PMID: PMC3188512



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