

Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancer-but it doesn't have to be. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened.

To increase awareness about the importance of colorectal cancer screening, **The Bloomfield Health and Human Services** – is proudly participating in Colorectal Cancer Awareness Month. See below for free test kit information-

1 - Colorectal Cancer Education and Take Home Kits available on Tuesday, March 06, 2018

10:00 AM - 11:00 PM
Nutley Health Department
149 Chestnut Street
Nutley, NJ, 07110

973-284-4976

Click on the link to find additional resources and important information about colorectal cancer and screening from the Center for Disease Control (CDC)

https://www.cdc.gov/cancer/colorectal/pdf/SFL_brochure.pdf

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

For more information, visit **The Bloomfield Health and Human Services** – Nursing Division at **973-680-4058**