

Living Well Tip of the Week

Have you added a routine colon exam to your preventive screening checklist?

The American Cancer Society estimates more than 106,000 men and women in the United States were diagnosed with colon cancer in 2009, and almost 41,000 new cases of rectal cancer were reported.

Individuals at increased risk for developing colorectal cancer include:

- Men and women age 50 and older
- Individuals who smoke and/or drink alcohol Individuals who consume a high-fat diet and processed foods
- Individuals who are physically inactive and/or overweight or obese
- Individuals with a personal or family history of inflammatory bowel disease, colorectal cancer or benign (non cancerous) adenomatous polyps

Reducing your risk is essential to your health. Activities that have been proven to reduce individual risk include the following recommendations:

- Eat five or more servings of fruits and vegetables per day
- Limit daily fat intake to no more than 30 percent of the total calories consumed
- Exercise regularly, at least 30 minutes per day
- Maintain an ideal weight
- Quit smoking and limit alcohol consumption

Did you know, The UT System's UT SELECT Health Plan covers 100% of coverage for preventive colonoscopy. For more information about this benefit, contact Blue Cross and Blue Shield of Texas Customer Service at 866-882-2034.