

appetite for digestive health information



www.CDHF.ca



No one should die from **COLON CANCER**

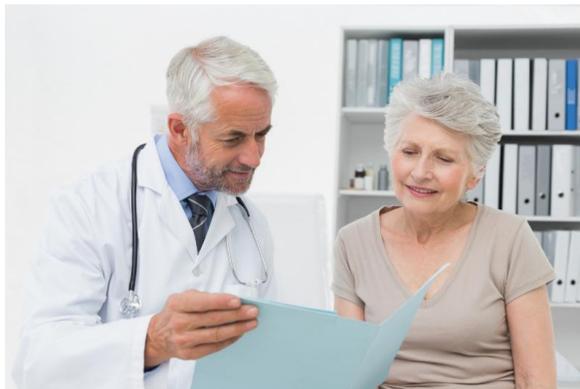
Every year, approximately 25,000 Canadians are diagnosed with colon cancer. Of those, 9,000 will likely die. These lives need not be lost.

Colon cancer is one of the most **PREVENTABLE** cancers. Protect yourself and those you love.

If you are over 50 or have a family history of colon cancer, get screened.

[Learn more now](#)

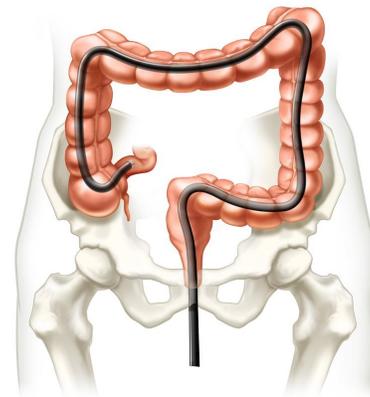
Colon Cancer Are You at Risk?



Some people are more likely to develop colon cancer than others. To understand your risk, ask yourself the these questions:

- Are you 50 years old or older?
- Do you have a family history of colon cancer?
- Do you have a diagnosis or family history of hereditary syndromes linked to colon cancer?
- Do you have Crohn's disease or ulcerative colitis?
- Have you ever been diagnosed with polyps or early stage colon cancer?
- Are you obese?

A look inside What is a Colonoscopy?



Colon cancer is almost entirely preventable. Colonoscopy is one of the most common screening tests for colon cancer. It :

- is a safe procedure where a scope (a flexible tube with a tiny camera at the end) is used to view the inside of your colon
- usually takes only 20-30 minutes to complete
- requires you to take a special solution to clean out your bowel before the test
- **and, is not as bad as you think!**

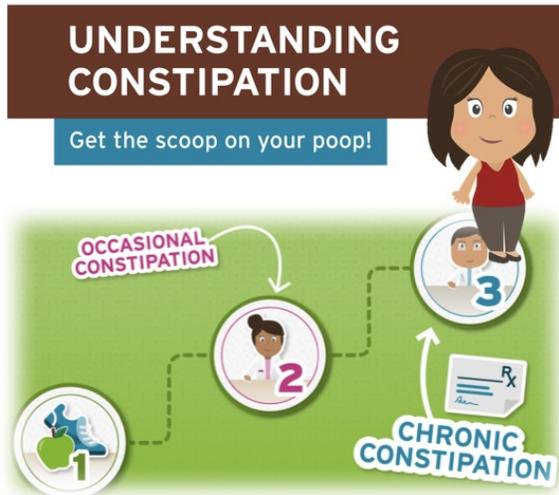
- Do you smoke?

If you answered **yes** to some of these questions, you may have a higher-than-average risk of developing colon cancer and should speak to your doctor about getting screened. This brief consultation is important and could save your life.

[**Learn more now**](#)

Please take a few minutes now to watch the CDHF's short but highly educational and entertaining video on how to prepare for a colonoscopy, what to expect during the procedure and why it is critical to your health. Three Canadians, aged 11 - 80 years, share their personal reasons for getting tested.

[**Watch now**](#)



Watch this animation and more on [**Pinterest @ CDHFdn**](#)

Constipation is common but it is not normal.

While making good choices about diet and exercise can usually relieve occasional constipation, those who suffer from chronic constipation know these don't work. If you suffer from constipation, speak to a pharmacist or your doctor to find a solution to help get things moving.

Watch our new educational [**Animation on Constipation**](#) to help you understand your options so you can get back to enjoying your life!

[**Find Relief Now**](#)

Save the Date! Our most exciting fundraising events is back!

Whether you are new to cycling or a veteran racer, we want YOU on our team.

Join us this September for the CDHF RISE Revolution Cycling event! [**Pre-register NOW**](#)





UNDERSTAND. TAKE CONTROL. LIVE BETTER.
Helping you take control of your digestive health with confidence & optimism.

**DONATE
TODAY**

The Canadian Digestive Health Foundation | 2525 Old Bronte Road, # 455, Oakville, Ontario
L6M 4J2 Canada 905 847 2002

[Unsubscribe](#)

[Update Profile](#) | [About our service provider](#)

Sent by director@cdhf.ca in collaboration with



Try it free today