



Colon health counts

What's your colon and what does it do?

- It's part of your digestive system.
- It's also called your large intestine or bowel.
- It helps you digest your food by absorbing water and breaking down waste from what you eat.

It's important to keep your colon healthy

There are diseases that can affect your colon. Luckily, you can help lower your risk by practicing these colon-healthy habits:¹

- 1. Eat foods with fiber and healthy fats.** You can get fiber from fruits, vegetables, whole grain bread and cereals. And you'll find healthy fats in foods like olive oil, salmon, avocados and nuts.
- 2. Exercise and watch your weight.** Every organ in your body benefits when you keep active and maintain a healthy weight.

3. Don't smoke. If you drink alcohol, do it in moderation. People who smoke and drink to excess have greater risk for many illnesses and cancers, including colon cancer.

4. Get tested for colorectal cancer. It makes good sense to get screened. Screening can show if you have colon cancer — or even if you have early warning signs. Ask your doctor when you should start getting checked based on your personal and family history and other factors.

Your colon plays a major role in your wellbeing. Be sure to take good care of it.

¹5 Things you can do to keep your colon healthy. Mayo Clinic. Accessed February 2021.

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