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## Check your family history!



### TALK ...

... to your family about hereditary diseases.

Colorectal cancer can be due to a hereditary cause. Families afflicted with this disease already should draw up an individual plan with their doctors, providing for early detection and prevention measures for all direct relatives from early ages on or over a recommended time period. Cancer doesn't care how young you are!

## Read the alarm signals!



### SPOT ... particularly

- A change in bowel habits
- Blood in the stool
- Persistent fatigue
- Unrelenting spasmodic abdominal pain
- Unclarified digestion problems

## Take the pledge to get screened!



### TAKE ACTION ...

**Remain vigilant – and take advantage of general health checks**

- Avail yourself of the health check provided by the health insurance every 2 years from the age of 35!
- Get colorectal cancer early detection screening on a regular basis from the age of 50.

## Colorectal cancer is not age-related.

### What can you do for yourself?

#### I Prevention through intestinal health

Colorectal cancer is the second most common cancer in Germany.

In 3-5% of all cases, a family history prevails and with that a real risk of developing cancer at an early age.

Today we realize that the lifestyle plays a decisive role in the development of cancer. Here are a few tips on how you can shape your lifestyle with a conscious effort.

#### 1. Nutrition

Nutrition has a direct impact on our intestinal health. A fiber-rich diet consisting of whole grain products, fruits and vegetables promotes a healthy intestinal flora. These foods support the growth of beneficial bacteria and contribute to the prevention of colorectal cancer.

#### 2. Exercise

Regular physical activity is another important factor in the reduction of colorectal cancer risk. Exercise not only promotes the overall health, but also stimulates bowel movement, which can reduce the likelihood of inflammation and cancer development.



#### 3. Stress management

Chronic stress can have an adverse impact on the intestine and on the immune system as well. Meditation and yoga techniques and deep breathing exercises can help relieve stress. Adequate sleep and cultivating social connectedness also play a crucial role in holistic health.

#### 4. Microbiome

The gut microbiome, a complex community of microorganisms in the intestines, is vital for our health. A diverse and balanced gut flora can reduce the risk of colorectal cancer.

#### II Prevention through screening

You're interested in preventive care measures or you have even certain symptoms already that you'd like to have clarified? Then consult your family doctor, or, better yet, a gastroenterologist.

The gold standard of screening tests is the colonoscopy. This low-risk examination enables not only a diagnosis, but also the removal of polyps if necessary, in one go.

A single examination and you have clarity. The costs of the procedure are covered by the health insurance if performed within the framework of colorectal cancer prevention regulations, or in the prevalence of pertinent complaints or a family history.

