



Pacific Noble Primary Care

Compassionate | Comprehensive | Accessible

March Health Awareness Month

Colorectal Cancer & Nutrition

Screen Early. Eat Well. Protect Your Health

Colorectal cancer is one of the most preventable cancers when screening is done on time and healthy lifestyle choices are prioritized. For the month of March, we're highlighting the connection between routine screening and **nutrition** in protecting long-term health.

Colorectal Cancer Awareness

- Often develops without early symptoms.
- Early screening can detect precancerous polyps before they become cancer.
- Most adults should begin screening at age 45.
- Earlier screening may be recommended by your PNPC provider based on: family history, inflammatory bowel disease, genetic conditions, personal history of polyps.

Symptoms to Discuss with PNPC Provider

- Persistent changes in bowel habit
- Blood in stool
- Unexplained weight loss
- Ongoing abdominal discomfort
- Fatigue or anemia

Prevention Focused Nutritional Habits supporting digestive health

- Maintain a fiber-rich diet with vegetables, fruits, whole grains, legumes, etc.
- Limit processed foods and red meats
- Intake of regular dietary supplements (if-needed)

How Your PNPC Provider Can Support Your Prevention: Annual Wellness and Labs | Preventative Screenings and Specialist Referrals | Risk Assessments | Nutritional Counseling | Focus on proactive, whole-person care.

**“Early conversations
can lead to early
intervention.”**