Colon cancer prevention strategies

- Maintain healthy weight, stay physically active.
- Avoid processed meats that have been preserved with salt or chemical additives, such as bacon, ham, salami, pastrami, pepperoni, hot dogs, sausages, etc. Consuming processed meats can increase risk of colon cancer by 50%.
- Eat diet rich in vegetables, herbs, and some fruit - they contain dietary fiber, and phytochemicals which help reduce inflammation and eliminate carcinogens.
- Avoid omega-6 polyunsaturated fats found in industrial vegetable oils. Limit sugar, alcohol, avoid tobacco smoking.
- Normalize vitamin D levels. Serum vitamin D levels greater than or equal to 40 ng/ml decrease risk of cancer by 71%.
- Maintain adequate magnesium (Mg) and selenium intake - higher intakes of dietary Mg are associated with lower risk of colorectal tumors.

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