



Stay aware of your sleep robbers

66







For decades Americans have been advised to begin screening for colorectal cancer at age 50.

e new recommendation

Colorectal cancer is the fourth most common cancer and second leading cause of U.S. cancer deaths.

Screening may lower the number of colorectal cancer deaths by half. A

T

You may need to begin screening even earlier than 45 in

b

9 8 9