

WELLNESS

COLORECTAL CANCER



info@tccbtd.org
www.tccbtd.org

@thecancercompassbeyondthedx

OVERVIEW

Practical tips for setting achievable wellness goals can help enhance recovery and empowering patients to take charge of their health journey.

NUTRITION, EXERCISE & WELLNESS

- Fiber helps move waste through the digestive system and supports healthy gut bacteria.
- Limit Red and Processed Meats
- Regular exercise helps regulate hormones, improve digestion, and reduce inflammation.
- Eat More Plant-Based Foods. Plant foods provide antioxidants, vitamins, minerals, and phytochemicals that help protect cells.
- Smoking and excessive alcohol intake increase risk for several Cancers, including Colon Cancer.
- Get Regular Screening. Screening can detect precancerous polyps early. Common tests include colonoscopy starting around age 45 for average-risk adults. Early detection dramatically improves outcomes.

TIPS

- Emphasizing diets rich in fruits, vegetables, whole grains, and lean proteins. Foods high in fiber are particularly encouraged to support digestive health.
- Tailored exercise plans that cater to individual abilities and help maintain energy, improve mood, and manage weight during treatment.
- Stress management strategies such as mindfulness practices, yoga, and meditation that can contribute to emotional balance and resilience during difficult times.



CONTACT US

866-465-CURE