Screen, eat, live: Winning against colorectal cancer

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ABSTRACT

Colorectal cancer (CRC) remains one of the most common and preventable cancers worldwide. Early detection through regular screening, combined with healthy lifestyle choices, significantly reduces the risk of diagnosis and improves survival outcomes. This presentation highlights the three essential pillars in the fight against colorectal cancer: screening, nutrition, and lifestyle. Firstly, evidence shows that timely screening — including fecal occult blood tests, colonoscopy, and other diagnostic tools — can detect CRC at its earliest, most treatable stages, often before symptoms appear. Secondly, dietary habits play a crucial role; diets rich in fiber, fruits, and vegetables, and low in processed meats and excessive red meat, have been consistently linked to reduced CRC risk. Finally, maintaining a healthy weight, engaging in regular physical activity, avoiding tobacco, and limiting alcohol further strengthen defenses against this disease. By embracing the "Screen, Eat, Live" approach, individuals can take proactive steps to protect their health. This strategy empowers the public with knowledge and practical actions, transforming fear into confidence and prevention into victory. Winning against colorectal cancer is achievable — it begins with awareness, followed by action.

Keywords: Colorectal, cancer, screen, nutrition, diagnosis