

Risks for Colon Cancer.

Micah and Ahmed are best friends. They are both 56 years old.

Cut into strips:

Micah smokes ten cigarettes a day.

Ahmed does not smoke.

Micah loves to eat red meat but does not like vegetables.

Ahmed enjoys eating vegetables, fruit and whole grain products every day.

Micah has never completed a Fecal Occult Blood Test (FOBT).

Ahmed has completed a Fecal Occult Blood Test (FOBT)
every two years since turning 50.

Micah has not seen his healthcare provider in many years.

Ahmed sees his healthcare provider regularly.

Micah knows he should go for a walk after dinner
but he prefers to watch TV.

Ahmed aims to get at least 150 minutes of physical activity each week.

Micah has put on 30 pounds over the past ten years
and wants to lose weight.

Ahmed is at a healthy body weight.

Micah drinks alcohol every day.

Ahmed drinks alcohol occasionally.