

## **Aetna – Dr. Urban Colon Health Video Transcript**

Hi everyone, it's Dr. Heather Urban, internist and executive medical director at Aetna. Today we're gonna talk about your colon health, why it's so important and give you three tips to keep your colon healthy.

So what is your colon? It's part of the large intestine or the last stop on the digestive tract.

Why is it so important to your health? Well it absorbs water and electrolytes, it has healthy bacteria that helps change food waste into stool and then it moves that stool along so we can expel it when we poop.

What are three important tips to keep your colon healthy?

Number 1, drink plenty of water to stay hydrated.

Number two, eat a healthy diet that's high in fiber and omega-3 fatty acids.

And number three, most importantly, get your colon cancer screening.

Good colon health starts with prevention.