

Colorectal Cancer Awareness



Colorectal cancer is the fourth most common type of cancer in the United States. It is also one of the most preventable, and is highly treatable when detected early.

Get Screened

Colorectal cancer usually starts from a polyp, which is a small clump of cells that forms on the lining of the colon or rectum. Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. Therefore, a screening test is critical in determining the presence of cancer in those individuals.

When symptoms do appear, they may include:

- Change in bowel habits
- Rectal bleeding
- Persistent stomach pain, aches, or cramps
- Unexplained weight loss
- Weakness and/or fatigue

While these symptoms may be caused by something other than cancer, it's important to talk with your doctor.



Coach's Quick Take

You CAN Help Prevent Colon Cancer

- Get screened.
- Maintain a healthy weight.
- Don't smoke.
- Get at least 30 minutes of physical activity each day.
- Limit red meats and processed meats.
- Avoid trans fats.

Who is at Risk?

Colorectal cancer is mostly found in men and women over the age of 45, and the risk increases with age.

Your risk for colorectal cancer may be higher than average if:

- You have symptoms.
- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease, ulcerative colitis, or Crohn's disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be tested.

Young-Onset Colorectal Cancer

- 10% of colorectal cancer diagnoses are in adults under the age of 50.
- Since 1994, cases have increased 51%, contrary to declining cases in older adults.
- Rectal cancer rate is two times that of colon cancer rate in younger adults.



RESOURCES: www.cdc.gov; www.ccalliance.org

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