

COLORECTAL BASICS

What you need to know about the third most common cancer in men and women in the U.S.



95%

of men and women diagnosed with colorectal cancer do not have any family history of the disease.

Source: www.uptodate.com

Colonoscopy is considered the gold standard of colorectal cancer screening methods for its ability to view the entire colon and both detect and remove polyps during the same procedure.

Source: American Society for Gastrointestinal Endoscopy

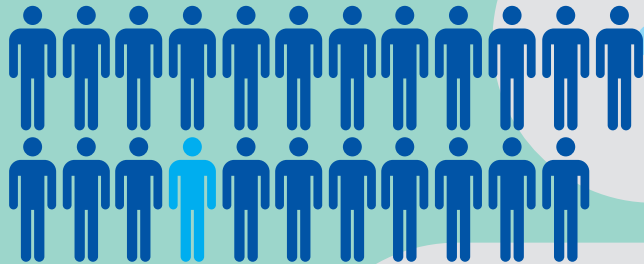
The most common symptom of colorectal cancer is **NO** symptom at all which is why screening is so important.

8 SYMPTOMS TO HAVE CHECKED:

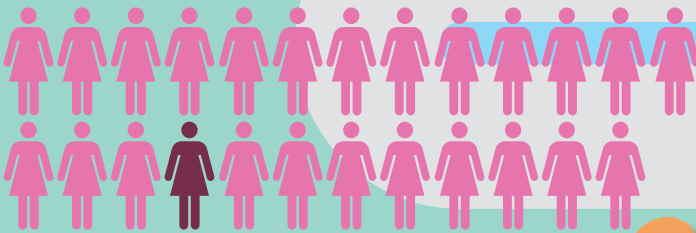
- Rectal bleeding
- Blood in the stool
- A change in bowel habits (constipation or diarrhea) or stool shape (e.g., narrower than usual)
- The feeling that the bowel is not completely empty
- Abdominal cramping or pain
- Decreased appetite
- Unintended weight loss
- Weakness and fatigue

RISK FACTORS YOU CAN CONTROL:

- Excess body weight
- Physical inactivity
- Long-term smoking
- High consumption of red or processed meat
- Low calcium intake
- Heavy alcohol consumption
- Very low intake of fruits and vegetables and whole-grain fiber



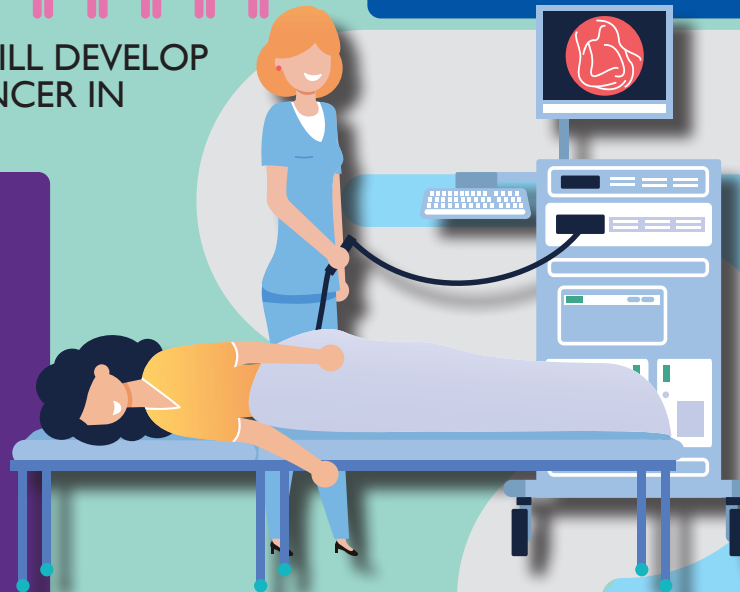
▲ 1 IN 23 MEN WILL DEVELOP COLORECTAL CANCER IN THEIR LIFETIME.



▲ 1 IN 25 WOMEN WILL DEVELOP COLORECTAL CANCER IN THEIR LIFETIME.

SCREENING CAN PREVENT COLORECTAL CANCER

through the detection and removal of pre-cancerous growths, as well as detect cancer at an early stage, when treatment is usually less extensive and more successful.



EARLY-STAGE COLORECTAL CANCER

typically does not have symptoms, which is why screening is usually necessary to detect this cancer early.

Source: www.cancer.org