

COLON CANCER



WTF Is It?

Colon cancer is a type of cancer that begins in the large intestine (AKA The colon). It starts with small clumps of cells known as Polyps which are abnormal growths that grow on the inner lining of the colon or rectum. At first, they usually aren't cancerous but over time that can change.

Risk Factors



Men & women have the same risk for colon cancer but African Americans have a higher risk. Talk to your doctor about screening if you:

- Are 50 years old (or 45 for higher risk groups).
- Have had polyps, Crohn's diseases or ulcerative colitis.
- Have a family history of colon cancer.
- Eat high-fat foods like red or processed meat.
- Don't eat enough low-fiber foods like fruits, vegetables, and grains.
- Don't exercise regularly.
- Have diabetes or are obese.
- Smoke or drink alcohol.



WARNING SIGNS & SYMPTOMS:

- Blood in your stool or the toilet bowl after a bowel movement
- Rectal bleeding
- A change in your stool (like diarrhea or constipation that last longer than 4 weeks)
- Feeling like you haven't pooped in a few days
- Feeling tired & weak.
- Abnormal weight loss



SOMETIMES THERE ARE NO SYMPTOMS - WHICH MAKES REGULAR SCREENINGS VERY IMPORTANT! TALK TO YOUR DOCTOR.



There are two ways to get screened:

Colonoscopy

Done by your doctor & recommended every 5-10 years.

Stool Sample

Can be done yearly and at home. Talk to your doctor about it!

