

COLON CANCER

What is it?

Colon cancer begins in the large intestine (AKA the colon). It starts with abnormal growths that grow on the inner lining of the colon or rectum.

Risk Factors

- Are at least 50 years old (or 45 if you're African American).
- Have had polyps, Crohn's diseases or ulcerative colitis.
- Have a family history of polyps or 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.
- Men & women have a similar risk for colon cancer, but African Americans have a higher risk!

WARNING SIGNS & SYMPTOMS:

- Blood in your stool
- 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 at home and should be taken yearly. Talk to your doctor about it!

