

COLON CANCER FACTS

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WHAT IS IT?

Colon cancer begins with an abnormal growth on the inner lining of the colon or rectum. With screening, you can catch these abnormal growths before they become dangerous.


RISK FACTORS

You are at an increased risk of colon cancer if you....

- Are 50+ years old (or 45+ if you're Black)
- Have had polyps, Crohn's disease, 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 (think fruits, vegetables, and grains)
- Don't exercise regularly
- Have diabetes or are obese
- Smoke or drink alcohol

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 annually. Talk to your doctor about it!

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

WARNING SIGNS & SYMPTOMS

- Blood in your stool
- Rectal bleeding
- Changes 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

