

Colorectal Cancer Awareness

Did You Know:

- Colorectal cancer is the third most common cancer diagnosed in both men and women in the United States (per the American Cancer Society).
- While decreasing, colorectal cancer is still the second most common cause of cancer deaths (in men and women combined).
- Most colorectal cancers start as a polyp. Some types of polyps can change into cancer over time (usually many years), but not all polyps become cancer.



Factors That Can Increase Your Risk:

- Being overweight raises the risk in both men and women, but the link seems to be stronger in men
- A diet that's high in red meats and processed meats
- History of adenomatous polyps (adenomas) and inflammatory bowel disease
- Younger adults can get it, but it's much more common after age 50
- People with type 2 (usually non-insulin dependent) diabetes have an increased risk
- African Americans have the highest incidence and mortality rates of all racial groups in the U.S.

Symptoms That Should Be Checked by Your Physician:

- A persistent change in your bowel habits (diarrhea, constipation or a change in the consistency of your stool) and/or rectal bleeding or blood in your stool
- Persistent abdominal discomfort, such as cramps, gas or pain
- A feeling that your bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

Regular colorectal cancer screening (after age 45) is one of the most powerful weapons against colorectal cancer. Doctors can find and remove polyps before they have the chance to turn into cancer. When found in early stage before spread, the 5-year relative survival rate is about 90%.

Early Detection is Key!
Talk to Your Physician Today!

