

COLORECTAL CANCER



Colorectal cancer is the second leading cause of cancer-related death in the US, but survival is dramatically improved by early diagnosis. More than 90% of colorectal cancers occur in people who are above 50 years old.

People with a first degree relative with colorectal cancer are at a double or triple risk of having it compared to others. However, more than 80% of all diagnosed cases are in people without a family history of colorectal cancer.

RISK FACTORS

- **Age:** 50 years old or above.
- **Gender:** Men more than women.
- **Family History:** If there is a family history of colorectal cancer, screening should start at younger age than 50

SYMPTOMS

- *Precancerous polyps and colorectal cancer may not cause symptoms in the beginning.*
- **Symptoms of colorectal cancer may include:** Unexplained diarrhea or constipation, prolonged abdominal pain and bloating, blood in stool or unexplained weight loss.

SCREENING

- *Only about two-thirds of adults in the United States are up to date on colorectal cancer screening.*
- **Colonoscopy**
 - For screening and detection
 - Repeat every 10 years, or more frequent if suspicious results
 - Requires preparation
- **Fecal Immunochemical Test (FIT)**
 - For screening only
 - Repeat yearly
 - If test is positive, then colonoscopy is necessary
 - Does not require preparation
- **Cologuard**
 - For screening only
 - Repeat every 3 years
 - If test is positive, then colonoscopy is necessary
 - Does not require preparation

PREVENTION

- *Colorectal cancer is highly preventable through:*
- **Regular cancer screening tests**
 - Screening should start at age 50, or at younger age if there is family history.
 - Screening tests include colonoscopy, FIT test and Cologuard test.
- **Leading a healthy lifestyle**
 - Get screened
 - Stop smoking
 - Exercise every day
 - Eat fruit, veggies and whole grains
 - Avoid alcohol
 - Lose weight

More Information At:
www.cancer.gov/types/colorectal

