

COLORECTAL CANCER

PREVENTABLE. TREATABLE. BEATABLE.

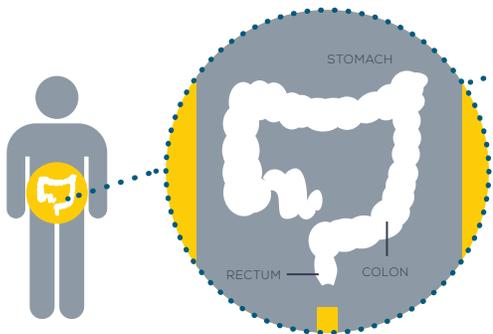
Take charge of your health. Learn about your risk of developing colorectal cancer, and get screened.



ABOUT **1 IN 20 AMERICANS** WILL BE

DIAGNOSED WITH
COLORECTAL CANCER
IN HIS/HER LIFETIME

WHAT IS COLORECTAL CANCER?



Cancer occurs when abnormal cells in a part of the body begin to grow out of control. Colorectal cancer starts in either the colon or the rectum.

COLORECTAL CANCER IS THE **2ND** LEADING CAUSE OF CANCER DEATHS IN THE U.S. FOR MEN & WOMEN

COMMON RISK FACTORS

AGE 50+

90% of cases are diagnosed in people **50 years or older**



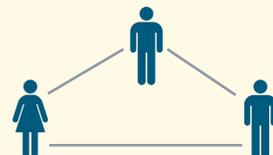
INFLAMMATORY BOWEL DISEASE

Personal history of inflammatory bowel disease increases your risk

FAMILY HISTORY

1 in 5 diagnosed with colorectal cancer had family history.

People with a first degree relative who has colon cancer have **TWO TO THREE TIMES** the risk of developing the disease



REDUCE YOUR RISK

MORE

PHYSICAL ACTIVITY



VEGETABLES, FRUITS AND WHOLE GRAINS



LESS

RED AND PROCESSED MEATS



ALCOHOL



SMOKING



WEIGHT Obesity raises the risk of colon cancer in both men and women, but the link seems to be stronger in men.



GET SCREENED. EARLY DETECTION SAVES LIVES.

DUE TO
EARLY
DETECTION
THERE
ARE NOW
MORE
THAN
1M
SURVIVORS
IN THE U.S.

WHEN TO GET SCREENED



People with increased risk factors, such as family history should be screened before age 30. Ask your doctor if a screening is right for you.



Men and women at average risk should begin colonoscopy screenings at age 50.

Colonoscopy is the gold standard for screening and prevention.

Colonoscopy prevents cancer by removing polyps and early detection.

Tests that mainly find cancer:

- Guaiac-based fecal occult blood test (hFOBT) every year
- Fecal immunochemical test (FIT) every year
- Stool DNA test (sDNA) every 3 years

Contact your primary care physician or clinic today.

Many insurance providers pay for colonoscopies;

check with your insurance provider to determine your benefits.

Out of all types of cancer, colorectal cancer has the strongest tie to diet, weight and exercise. Reduce your risk by maintaining a healthy lifestyle.

TO LEARN MORE, VISIT MARYBIRD.ORG/COLON OR CALL (225) 215-1234

SOURCES:

www.cancer.org
www.ccalliance.org