

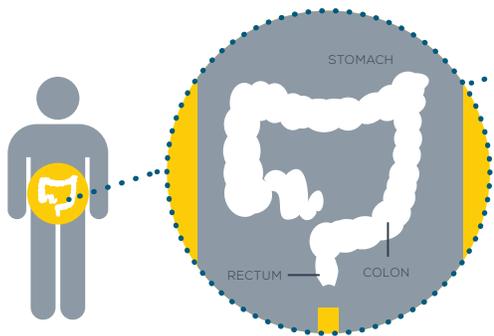
RECTAL CANCER

PREVENTABLE. TREATABLE. BEATABLE.

Rectal and colon cancers are often grouped together as “colorectal cancer” because they share many symptoms and risk factors. While the colon and rectum are both in the large intestine, the two cancers start in different places. Learn about your risk of developing rectal cancer and get screened.

COLORECTAL CANCER IS THE **3RD** MOST COMMONLY DIAGNOSED CANCER IN THE U.S. FOR MEN & WOMEN

WHAT IS RECTAL CANCER?



Cancer occurs when abnormal cells in a part of the body begin to grow out of control. Rectal cancer starts in the rectum which is the final segment of the large intestine.



1 IN 20 MEN AND 1 IN 24 WOMEN WILL BE

DIAGNOSED WITH COLORECTAL CANCER IN HIS/HER LIFETIME

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.

COMMON RISK FACTORS

AGE 50+

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



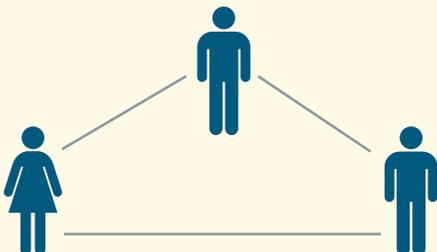
INFLAMMATORY BOWEL DISEASE

Personal history of inflammatory bowel disease increases your risk

FAMILY HISTORY

Nearly **1 in 3** 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



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



Men and women at average risk should begin colonoscopy screenings at age 45.

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 (gFOBT) 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 MARYBIRDLAKE.ORG/RECTAL OR CALL (225) 215-1234.

SOURCES:

www.cancer.org
www.ccalliance.org