COLORECTAL CANCER
PREVENTABLE. TREATABLE. BEATABLE.

Take charge of your health. Learn about your risk of developing cancers of the colon and rectum, and get screened.

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.

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

COLORECTAL CANCER IS THE

3RD MOST COMMONLY DIAGNOSED CANCER IN THE U.S. FOR MEN & WOMEN
AND THE 3RD LEADING CAUSE OF CANCER-RELATED DEATHS IN MEN & WOMEN
Reduction in risk factors such as smoking, alcohol, and red and processed meats, along with increased physical activity and consumption of vegetables, fruits, and whole grains can help reduce your risk of colorectal cancer.

Get screened early. Early detection saves lives.

**Due to early detection, there are now more than 1M survivors in the U.S.**

- People with increased risk factors, such as family history, should be screened before age 45. Ask your doctor if a screening is right for you.
- 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 marybird.org/colon or call (225) 215-1234.

Sources: www.cancer.org www.ccalliance.org