



MARY BIRD PERKINS  
CANCER CENTER™

# COLORECTAL CANCER

**PREVENTABLE. TREATABLE. BEATABLE.**

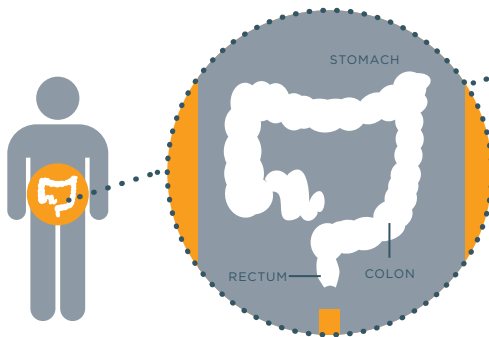
Take charge of your health. Learn about your risk of developing cancers of the colon and rectum, and get screened.



**1 IN 22 MEN AND 1 IN 24 WOMEN** 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

**3<sup>RD</sup>** MOST COMMONLY  
DIAGNOSED CANCER IN THE  
U.S. FOR MEN & WOMEN

AND THE

**3<sup>RD</sup>** LEADING CAUSE  
OF CANCER-RELATED DEATHS  
IN MEN & WOMEN

## COMMON RISK FACTORS

### AGE 50+

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

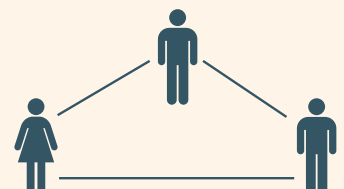


### INFLAMMATORY BOWEL DISEASE

**Personal history of inflammatory bowel disease** increases your risk

### FAMILY HISTORY

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



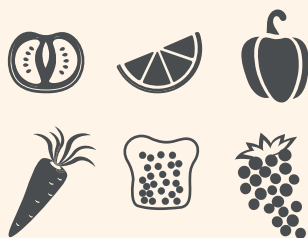
## REDUCE YOUR RISK

### MORE

#### PHYSICAL ACTIVITY



#### VEGETABLES, FRUITS AND WHOLE GRAINS



### LESS

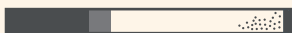
#### RED AND PROCESSED MEATS



#### 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

AGE  
**45**  
OR  
BEFORE

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.

AGE  
**45**  
+

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](http://MARYBIRD.ORG/COLON)  
OR CALL (225) 215-1234.

SOURCES:

[www.cancer.org](http://www.cancer.org)  
[www.ccalliance.org](http://www.ccalliance.org)