COLORECTAL CANCER

is cancer that begins in colon or rectal tissue. The colon consists of the first four-to-five feet of the large intestines. The rectum consists of the last several inches of the large intestine.

Colorectal cancer often begins as a growth or clump of cells known as a polyp. Polyps can form on the inner wall of the colon or rectum. Over time, some polyps become cancerous. Anyone can develop colon polyps.
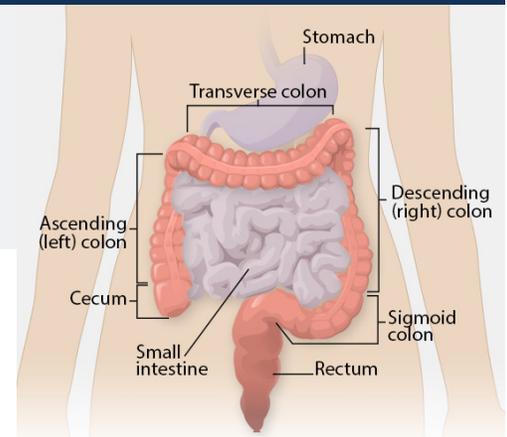

THOSE AT HIGHER RISK:

✓ 50 years old or older
✓ overweight
✓ smoker
✓ personal or family history of colon polyps or colon cancer

Colorectal cancer is the third most common type of cancer in men and women in the United States. Deaths from colorectal cancer have decreased due to regular screening tools such as colonoscopies and fecal occult blood tests. With early detection, surgery, radiation, and/or chemotherapy can be effective treatment.

REDUCE YOUR RISK

✓ **Screening.** Screening tests look for cancer. Treatments are more likely to be successful with early detection.

✓ **Eat fruits, vegetables, and whole grains.** Diets including fruits, vegetables, and whole grains have been linked with a decrease risk of colorectal cancer.

✓ **Limit alcohol.** Colorectal cancer has been linked to heavy drinking.

✓ **Stop smoking.** Long-term smokers are more likely to develop and die from colorectal cancer than non-smokers.

✓ **Regular Exercise.** Increasing your activity may help decrease your risk of colorectal cancer.

✓ **Maintain a healthy weight.** Those who are obese or overweight are more likely to develop and die from colorectal cancer.

COLON CANCER SYMPTOMS CAN INCLUDE:

1. Change in bowel habits
2. Bleeding
3. Often there are no symptoms

Want to schedule an appointment?

Log in at **patients.careatc.com** or call **800.993.8244**

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