

Let's Talk Colon Cancer

Why be concerned about colon cancer? It's the second leading cancer killer in the U.S. among men and women combined.

So let's talk about it!

Colon cancer is the most preventable and beatable cancer if detected early. That's why we need to encourage everyone age 50 or older to get screened.

Let's Talk About Risk Factors

Are you at risk of developing colon cancer?

- Are you aged 50 or older?
- Do you eat a high fat, low fiber diet?
- Are you a smoker?
- Do you consume alcohol excessively?
- Are you physically inactive?
- Are you obese?
- Do you have a family history of colon cancer, particularly a parent, child or sibling?
- Do you suffer from inflammatory bowel disease (ulcerative colitis or Crohn's disease)

Let's Talk About Symptoms

During the early stages of colon cancer there are no symptoms. As the disease progresses the following symptoms may occur:

- A change in your bowel movements
- Blood (either bright red or very dark) in your stool (feces)
- Diarrhea, constipation or feeling that your bowel does not empty completely
- Stools that are narrower than usual
- Stomach discomfort
- Unexplained weight loss
- Fatigue
- Vomiting

Let's Talk About the Facts

Colon Cancer Facts

- Colon cancer is the #2 cause of cancer death in the U.S.
- Over 150,000 Americans will be diagnosed with colon cancer each year.
- Colon cancer often has no symptom at all until it's at an advanced stage.
- Colon cancer is 80% preventable when detected early.
- You can reduce your risk through regular screening.
- Beginning at age 50 (or earlier if you have a family history), everyone should be screened for colon cancer.

Colon cancer is preventable and easier to treat when detected early. Talk with your healthcare provider about what kind of screening test is right for you.