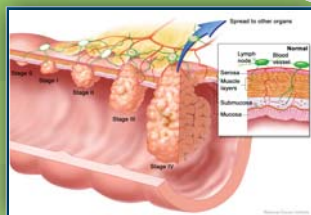


Super Colon



What is Colorectal Cancer

- Cancer of the colon or rectum
- Often develops from polyps
- Third most common cancer
- Equally affects men and women

Early Detection through Screening

Tests that find pre-cancer and cancer:

- Colonoscopy
- Virtual colonoscopy
- Flexible sigmoidoscopy
- Double-contrast barium enema

Screening intervals:

- Every 10 years
- Every 5 years
- Every 5 years
- Every 5 years

Tests that mainly find cancer:

- Fecal occult blood test (FOBT)
- Fecal immunochemical test (FIT)
- Stool DNA (sDNA) test

- Every year
- Every year
- Ask your health care

Any abnormal result of a virtual colonoscopy or double-contrast barium enema, as well as a positive FOBT, FIT or sDNA test, should be followed up with a colonoscopy.

Reduce Your Risk

- Be physically active and exercise regularly.
- Maintain a healthy weight.
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains.
- Consume calcium-rich foods like low-fat or skim milk.
- Limit red meat and avoid processed meats.
- Don't smoke.
- Don't drink alcohol excessively.

If you are at average risk for colorectal cancer, start having regular screening at age 50. If you are at greater risk, you may need to begin regular screening at an earlier age. The best time to get screened is before any symptoms appear.

Symptoms

- Rectal bleeding or blood in or on the stool
- Change in bowel habits or stools that are narrower than usual
- Stomach discomfort (bloating, fullness or cramps)
- Diarrhea, constipation or feeling that the bowel does not empty completely
- Weight loss for no apparent reason
- Constant fatigue
- Vomiting

Who is at Risk

- Men and women age 50 and older
- People who use tobacco, are obese and are sedentary
- People with a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- People with a personal or family history of inflammatory bowel disease, such as long standing ulcerative colitis or Crohn's disease
- People with a family history of inherited colorectal cancer