



Colorectal Cancer Awareness

What is Colorectal Cancer?

Colorectal cancer starts in the colon or the rectum. Most commonly these cancers are called colon cancer or rectal cancer, depending on where they originate. Colon cancer and rectal cancer are often grouped together because they have many features in common.

Colorectal cancer is the second most common cancer among Native people and the second leading cause of cancer death. If everyone aged **45** years or older had regular screening tests, at least 60 percent of deaths from this cancer could be avoided. If you or a loved one is age **45** or older, please consider getting screened for colon cancer.

Symptoms of Colorectal Cancer



A change in bowel habits



Diarrhea or constipation



weight loss with no known cause

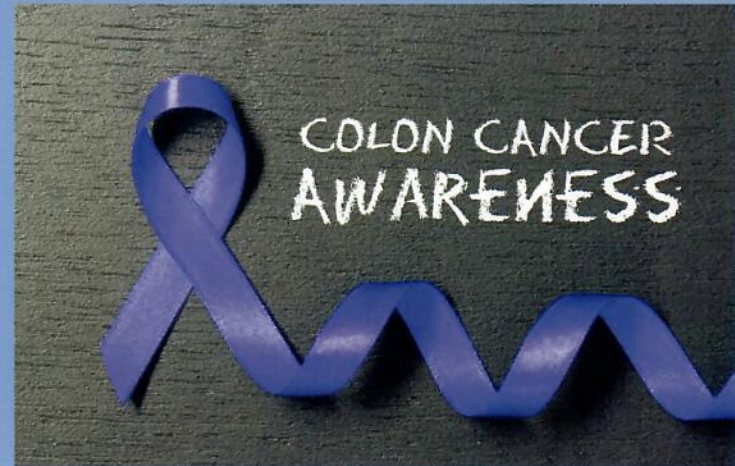


Blood in or on your stool



Abdominal pain, aches, or cramps

If you have any of these symptoms, talk to your doctor. These symptoms may not be cancer-related, but seeing your doctor is the best way to know.



If you're 45 or older, getting a colorectal cancer screening test could save your life.

Routine screening for colorectal cancer beginning at age **45** can save lives!

- ▶ Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there. Over time, some polyps can turn into cancer.
- ▶ Screening tests can find precancerous polyps, so they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

You May Be at Increased Risk If:

- ▶ You or a close relative have had colorectal polyps or colorectal cancer.
- ▶ You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- ▶ You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome). People at increased risk for colorectal cancer may need earlier or more frequent tests than other people. If you think you may be at increased risk, talk to your healthcare provider about the routine screening tests that are right for you.

"We acknowledge the Center for Disease Control and Prevention, for its support of the (Great Plains tribal Leaders Health Board) staff, and the printing and distribution of the monograph under cooperative agreement 1NU58DPO007175 awarded to (Great Plains Tribal Leaders Health Board). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.)"