

My Action Plan

- I will talk to my doctor about colorectal health.
- I will learn about my screening choices and get screened.
- I will check my family history for colorectal cancer.
- I will review my lifestyle and make changes for better health.

Are there any factors that protect me from Colorectal Cancer?

We don't know that much about what protects you from colorectal cancer. Those who have a lower risk of colorectal cancer do the following:

- Exercise on a regular basis.
- Maintain a healthy weight throughout life.
- Limit alcohol intake.
- Do not smoke.
- Have polyps removed during a colonoscopy
- Limit the amount of red meat (beef, pork, lamb, or liver) and processed meats (hot dogs and some deli meats) they eat.



Where can I get more information?

Schedule your colonoscopy today
1-888-369-2427 (888-FOX-CHASE)
or visit www.foxchase.org

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Colorectal Cancer

Know the Facts...



Am I at risk for Colorectal Cancer?

There is no way to know for sure if you are going to get colorectal cancer. Both men and women get colorectal cancer. Certain things raise your chances of getting it. These are called risk factors.

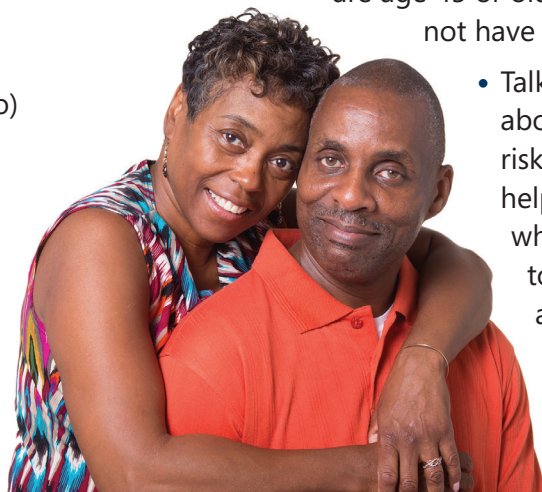
Risk factors you cannot change:

- I am 45 or older
- I am African American
- I have a personal history of colorectal cancer, ovarian cancer, or polyps (tissue growing in the lining of the colon or rectum)
- I have a family history of colorectal cancer
- I have chronic inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- I have an inherited syndrome like familial adenomatous polyposis (FAP) or hereditary nonpolyposis colon cancer (HNPCC or Lynch syndrome)
- I have Type 2 diabetes

Risk factors you can change:

- I drink a lot of alcohol
- I smoke cigarettes, cigars, (tobacco)
- I am overweight or obese
- My diet is high in red meats (beef, pork, lamb, or liver) and/or processed meats (hot dogs and some deli meats)

If you have *checked any* of these risk factors, you may be at risk for colorectal cancer.



What are the symptoms of Colorectal Cancer?

Colorectal cancer often has mild or no symptoms in the early stages. But as the cancer grows, symptoms may include:

- Rectal bleeding
- Blood in the stool
- Stools that are narrower than usual
- Change in bowel habits
- Stomach cramps or pain in the lower abdomen
- Diarrhea, constipation, or feeling that the bowel does not empty completely
- Weight loss with no known reason
- Feeling tired all the time
- Nausea and vomiting

Screening guidelines

It is important for men and women to follow recommended colorectal screening guidelines:

- Get tested for colorectal cancer if you are age 45 or older, even if you do not have any symptoms.
- Talk to your doctor about your personal risk factors. This will help you decide whether you need to be screened at an earlier age.

What are the tests for Colorectal Cancer?

• Colonoscopy

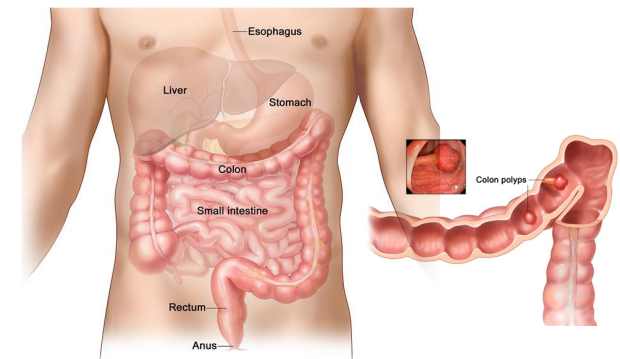
Your doctor uses a flexible lighted tube (colonoscope) to check the inside walls of the rectum and the whole colon. If a polyp is found during the test, it will be removed. This test is done under anesthesia. This test is the recommended screening test for colorectal cancer and should be done at least every ten years.

• Fecal Immunochemical Test (FIT)

The FIT checks for hidden blood in the stool. It is recommended that you have this test each year. This test is done at home.

• Flexible Sigmoidoscopy

Your doctor uses a flexible lighted tube (sigmoidoscope) to check the inside walls of the rectum and part of the colon. If a polyp is found during the test, it will be removed. This test is recommended every five years.



Polyps in the colon: Tissue growing in the lining of the colon and rectum.