

March is

Colorectal Cancer Awareness Month

Statistics

- Colorectal cancer is the 2nd leading cause of cancer-related death in Michigan, with only lung cancer taking the lives of more men and women.
- During 2006, 5,196 Michigan men and women were diagnosed with colorectal cancer.
- In 2007, 898 men and 914 women in Michigan died from colorectal cancer.
- Both men and women develop colorectal cancer and die from it.
- Michigan ranks 27th in the nation in colorectal cancer deaths.

Get Screened

Stop Colorectal Cancer

Screening Recommendations

The Michigan Cancer Consortium recommends that men and women 50 years of age and older, who are at average risk for colorectal cancer, get a:

- Fecal occult blood test every year
-OR-
- Fecal immunochemical test every year
-OR-
- Flexible sigmoidoscopy every 5 years
-OR-
- Fecal occult blood test every year AND flexible sigmoidoscopy every 5 years
-OR-
- Double-contrast barium enema every 5 years
-OR-
- Computed tomographic colonography every 5 years
-OR-
- Colonoscopy every 10 years

Risk Factors

The risk factors that increase one's risk of developing colorectal cancer – also called colon or bowel cancer - are:

- Increasing age
- A personal history of colon cancer, pre-cancerous colon polyps, or inflammatory bowel disease
- A family history of colon cancer or pre-cancerous colon polyps
- An Eastern European (Ashkenazi) Jewish background
- A diet high in animal fats or low in fiber
- Not being physically active
- Obesity
- Diabetes
- Smoking
- Heavy use of alcohol

Resources

American Cancer Society
www.cancer.org

Centers for Disease Control and Prevention
www.cdc.gov/cancer/screenforlife

Colon Cancer Alliance
www.ccalliance.org

Michigan Cancer Consortium
www.michigancancer.org

National Cancer Institute – Colon and Rectal Cancer
www.cancer.gov/cancertopics/types/colon-and-rectal

National Colorectal Cancer Research Alliance
www.eifoundation.org/national/nccra/splash

National Colorectal Cancer Roundtable
www.nccrt.org

Prevent Cancer Foundation
www.preventcancer.org

Screening Saves Lives

If you're 50 or older, getting a screening test for colorectal cancer could save your life.

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a "mushroom-like" growth in the colon that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find polyps and remove them before they turn into cancer.
- Screening tests can also find colorectal cancer early, when the chance of being cured is good.
- At the disease's earliest stages, there are virtually no symptoms. As colorectal cancer progresses to the later stages, changes in bowel movement patterns, bleeding, and abdominal discomfort are more likely to occur.

You Can Prevent Colorectal Cancer

Step 1: Get Screened.

- Talk to your health care provider about what screening test is right for you.
- Family and personal history should be considered when determining screening options.
- If you are at an increased risk for colorectal cancer, screening should begin at an earlier age and be done more often.

Step 2: Make Healthy Choices Every Day!

- Eat high fiber, low fat diets. Whole grains are a plus. Avoid the french fries.
- Kick the butt! Smokers are at higher risk of colorectal cancer.
- Walk your 10,000 steps a day. Being active is being healthy.
- Know your family history and share information with other family members.



This is personal.

"My mother was the cornerstone of our family. When she was diagnosed with colon cancer, it was like the whole family got cancer. She died when she was only 56. Let my heartbreak be your wake-up call."

Terrence Howard, actor/musician



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Colorectal Cancer Research Alliance

