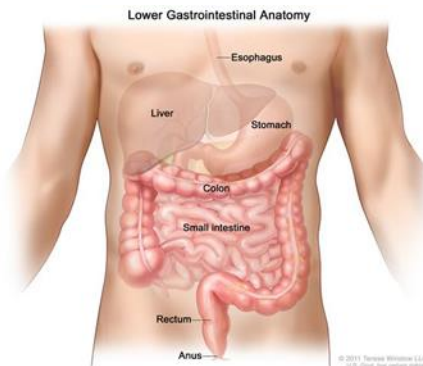


COLORECTAL CANCER: What You Need to Know

What is Colorectal Cancer

Colorectal cancer affects both men and women and may not have symptoms. Screening tests for men and women can prevent colorectal cancer or find it early when colorectal cancer is most treatable.



What Causes Colorectal Cancer?

Some things can increase your chance, or risk, of getting colorectal cancer:

- Age – men and women over 50
- Personal or family history of colorectal cancer or pre-cancerous colon polyps
- Inflammatory bowel disease
- Smoking
- Being overweight
- A diet high in animal fats or low in fruits and vegetables and other sources of dietary fiber
- Lack of physical activity
- Heavy use of alcohol

What Can I Do To Lower My Chances Of Getting Colorectal Cancer?

- Talk with your doctor about screening tests for colorectal cancer
- Quitting smoking
- Regular exercise
- A healthy body weight and eating healthy foods
- Lowering the amount of alcohol you drink

How Do I Find Colorectal Cancer Early?

- Follow screening recommendations
- Men and women age 50 years and older who are at an average risk for colorectal cancer:
 - Talk with your doctor about a colorectal cancer screening test and decide what test is best for you.
- Men and women with a family and/or personal history of colorectal cancer or precancerous polyps should talk with their doctor and begin testing at a younger age.

Call Your Doctor If You Have any Signs or Symptoms

- Changes in bowel movements
- Blood in stool (bright red, black, or very dark)
- Stomach discomfort
- Unintentional weight loss

August 2017



More information:

American Cancer Society:
[Colorectal Cancer Information](#)

National Cancer Institute:
[Colorectal Cancer-Patient Version](#)

Facts about Colorectal Cancer

Estimated 2017 Colorectal Cancer Diagnoses and Deaths in Michigan:

New Diagnoses:
4,660

Deaths:
1,680

From: [American Cancer Society Cancer Statistics Center Michigan at a Glance](#)