



Back Door Reading From your Health Ministries

Colorectal Cancer

90% of all colorectal cancer deaths are preventable!



Risk Factors

- Ø Age over 50
- Ø Family history
- Ø Smoking
- Ø Heavy drinking
- Ø Obesity
- Ø Sedentary life style



Screening

- Ø Occult blood yearly
- Ø Sigmoidoscopy every 5 years OR
- Ø Colonoscopy every 5-10 years OR
- Ø Double contrast Barium enema every 5—10 years



Why Screening?

- Ø Early cancer usually has no symptoms
- Ø Early cancer is almost always curable
- Ø Removal of polyps prevents cancer from starting



Prevention

- Ø Screening and polyp removal
- Ø Eat lots of fruits, veggies, and whole grains
- Ø Eat less saturated fat
- Ø Exercise regularly
- Ø No tobacco
- Ø Only moderate alcohol
- Ø Maintain a healthy weight



Symptoms

- Ø Usually none early
- Ø Rectal bleeding or blood in stool
- Ø Change in bowel habits
- Ø Severe gas pain
- Ø Unexplained weight loss
- Ø Tiredness
- Ø Vomiting