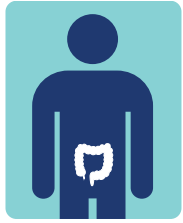


What you need to know about colorectal cancer



Your colon is the lower end of your digestive system



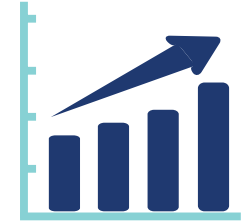
Colorectal cancer affects men and women equally



On average, your risk is about 1 in 23



90% of new cases occur in people 50 or older



Colorectal cancer is on the rise in those under 50.

RISK FACTORS

People in the following categories are at greater risk of developing the disease:

- Individuals with a personal and/or family history of polyps or cancer
- People over age 50
- Those with ulcerative colitis or Crohn's disease
- Individuals with the genetic conditions Hereditary Nonpolyposis Colon Cancer (HNPCC) or Familial Adenomatous Polyposis (FAP)
- Jews of Eastern European descent and certain ethnic groups including African Americans, Native Americans, Alaskan Natives and Latinos

SYMPTOMS

- Change in bowel habits
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort
- Nausea or vomiting
- Unexplained weight loss
- Chronic fatigue
- More than half the people diagnosed with colorectal cancer have no symptoms

WHAT YOU CAN DO

- Get screened at age 50, or at 45 if you're African American. Get screened earlier if you're high risk
- Maintain a healthy weight
- Adopt a physically active lifestyle
- Eat a healthy diet
- Don't use tobacco products
- Limit alcohol intake

ccalliance.org | Helpline: (877) 422-2030

The Colorectal Cancer Alliance is a national organization committed to ending colorectal cancer within our lifetime. We are your allies — a national network of passionate survivors, caregivers and advocates dedicated to helping you and your family navigate all aspects of the disease, from diagnosis and treatment to a lifetime of progression-free survival. We are a community of people eager to share experiences, address your concerns, and answer your questions. We understand the different stages of the colon cancer journey because we've been there. We are here for you when you need us because we believe tomorrow can't wait.

