

Holland Hospital

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To find a physician or to learn more about Gastroenterology Services at Holland Hospital, log on to hollandhospital.org.



Sources:

Colorectal Cancer (CRC) Prevention and Screening, Beverly Greenwald, PhD, MSN, CNS, CGRN, RN, Assistant Professor of Nursing, North Dakota State University, 2005

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American Cancer Society, www.cancer.org, 2006





COLORECTAL CANCER FACTS

Preventable!

Treatable!

Beatable!

Colorectal Cancer Know the Facts.

Colorectal cancer is the second most common type of cancer found in men and women in the United States. Colorectal cancer is over 90 percent preventable and 90 percent treatable **when detected early.**

Did You Know?

- Colorectal cancer affects both men and women.
- Screening and early polyp removal can prevent colorectal cancer.
- Polyps can be removed without surgery.
- 93 percent of cases are in people over age 50.
- Regular screening should start at age 50, or earlier if you are at risk.
- Colonoscopy is considered the gold standard for colorectal cancer screening.

Who is at Risk?

- Men and women age 50 and older
- People with a personal or family history of colorectal cancer, colorectal polyps or inflammatory bowel disease
- People with a personal or family history of breast, uterine or endometrial cancer
- People who use tobacco or use alcohol to excess
- People who are obese and inactive

Symptoms

- Rectal bleeding or blood in or on the stool
- Change in bowel habits or frequent gas pains
- Stools that are narrower than usual
- General abdominal discomfort including bloating, gas, fullness, cramps or vomiting



- Diarrhea, constipation or feeling that the bowel does not empty completely
- Weight loss for no apparent reason
- Unexplained anemia or constant fatigue

How to Lower Your Risk

Colorectal cancer is preventable, treatable and often curable when detected early. Make screening tests part of your healthy lifestyle and talk with your health care professional about cancer prevention.

- Start regular colorectal screenings at age 50, or sooner if you are at risk.
- Maintain a healthy weight and get regular exercise like walking, gardening or other aerobic activities.
- Eat a low-fat diet rich in fruits, vegetables and whole grains.
- Use alcohol in moderation and don't use tobacco.

Common Terms

Colon: The long, coiled, tube-like organ, also known as the large intestine.

Colonoscopy: An exam of the colon using a thin, lighted tube. Polyps can be removed and examined to determine whether disease is present.

Inflammatory Bowel Disease: A group of disorders causing the intestines to become red and swollen, e.g., ulcerative colitis or Crohn's disease.

Polyp: A protruding growth from a mucous membrane. Precancerous polyps can be removed to prevent cancer from ever occurring.

Screening Exams to detect disease before symptoms are present. Screening allows for detection of diseases in their early, most treatable stages.