

Colorectal Cancer



Screening Saves Lives

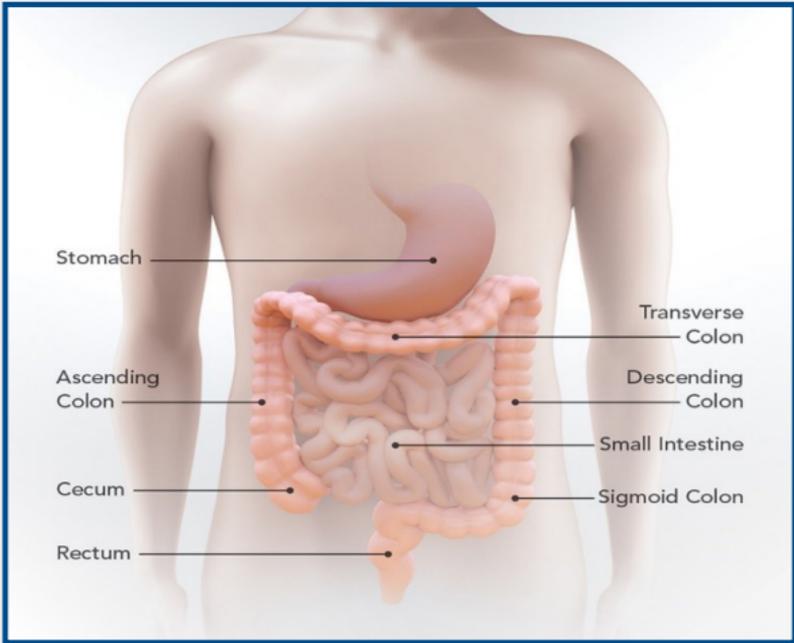
**Have you been
screened for
colorectal cancer?**



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What is Colorectal Cancer?

Cancer that is located in the colon or rectum.



Risk Factors for Colorectal Cancer

Personal history of Inflammatory Bowel Disease	Poor diet (low amount of fiber, fruit, and vegetables)
Personal history of genetic syndromes	Overweight or Obese
Family history of Colorectal Cancer	Lack of exercise
Tobacco use	Alcohol use

Symptoms of Colorectal Cancer

- Early on you may not have any symptoms
- Blood in your stool (bowel movement)
- Stomach pain, aches, cramps that don't go away
- Unexplained weight loss

When should you start screening?

Men and women who are at an average risk should begin screening at age 45 years old.

Screening Options

Talk to your provider to see which option is appropriate for you.

- Stool based testing-if normal, retest every 1-3 years
- Sigmoidoscopy-if normal, retest every 5-10 years
- CT Colonography-if normal, retest every 5 years
- Colonoscopy-if normal, retest every 10 years

Call the Arkansas Department of Health at **501-661-2942** for more information about recommended cancer screenings.