

# Am I at risk for colon cancer?

Everyone is at risk for colon cancer.

Your risk increases if:

- You are 45 years old or older.
- You have a parent, sibling or child who has had colon cancer.
- You have had cancer in the past.
- Polyps have been found in your colon before.
- You smoke.
- You have Ulcerative Colitis or Crohn's disease.



## Ebenezer Medical Outreach

Talk with your provider to discuss which colon cancer test is right for you.

Check out our social media

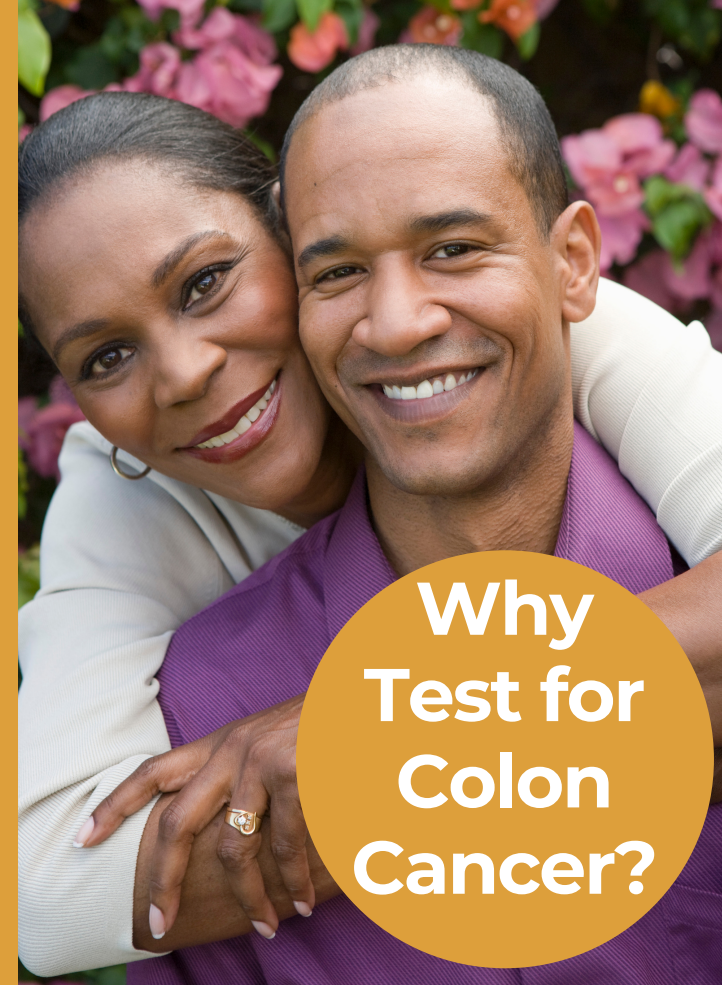


Or contact us at

 304-529-0753

 [www.emohealth.org](http://www.emohealth.org)

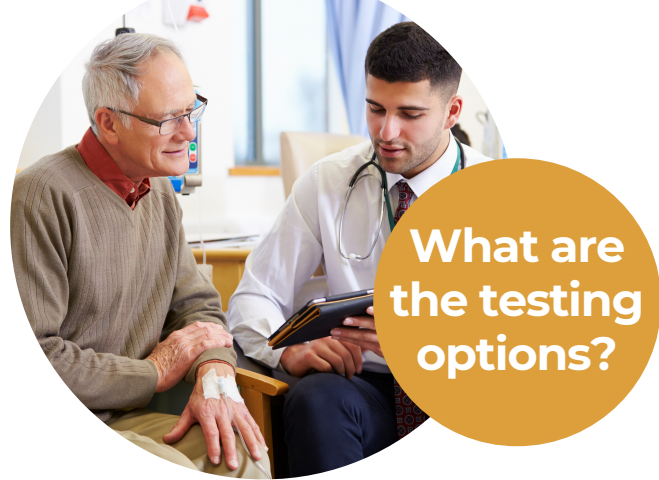
Since 1984



**Why Test for Colon Cancer?**

**Everyone is at risk for colon cancer. Your risk increases as you age. Regular colon cancer testing saves lives!**

If you are between 45 and 75 years old, you should be tested for colon cancer.



**What are the testing options?**

## **There are several testing options**

- The fecal immunochemical test, or FIT, looks for colon cancer by checking for hidden blood in your stool. The test is done at home.
- The fecal immunochemical and DNA test, or FIT-DNA, looks for blood in the stool and for abnormal DNA. This test is also done at home.
- The colonoscopy is a test done at the hospital. It allows the doctor to look inside the colon for growths that can be cancer.

**It's important to test for colon cancer even when you feel healthy**

What is the colon?

**It is the organ that digests food and eliminates waste.**



**The colon works around the clock to remove stool and maintain fluids and electrolytes in the body.**

## **Are there signs of colon cancer?**

**Not always, but signs could include:**

- Blood in your stool (bright red or very dark).
- Stool is thinner than usual.
- Feeling that the bowel does not empty completely.
- Diarrhea or constipation.
- Feeling more tired than usual.
- Losing weight for no reason.
- Nausea or vomiting.
- Frequent gas pains, cramping, or feeling full or bloated.

\*These symptoms could be caused by other problems. Talk to your provider if you experience any of these symptoms.