



Colorectal cancer is the second leading cause of cancer death for American Indians and Alaska Natives

Signs and symptoms

- A change in bowel habits
- Blood in the stool
- Diarrhea, constipation, or feeling that the bowel does not empty completely
- Stools that are narrower than usual
- Frequent gas pains, bloating, or cramps
- Unexpected weight loss
- Fatigue

Reduce your risk

- Regular screenings starting at age 45
- Eating a healthy diet
- Exercising regularly
- Limiting alcohol and tobacco

If you're 45 or older, talk to your provider about colorectal cancer screening.



For more information, call 800-745-3466