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# COLORECTAL CANCER: What You Need to Know



## Where Do I Find Help?

- American Cancer Society  
[Colorectal Cancer Information](#)
- Centers for Disease Control and Prevention  
<http://www.cdc.gov/cancer/colorectal/index.htm>
- Michigan Dept. of Health and Human Services  
[www.michigan.gov/cancer](http://www.michigan.gov/cancer)
- National Institutes of Health  
<http://nihseniorhealth.gov/colorectalcancer/colorectalcancerdefined/01.html>

### Additional Facts

Estimated 2015 Colon-Rectum Cancer Cases and Deaths in Michigan:

New cases: 4,190

Deaths: 1,670

Source: [American Cancer Society Cancer Facts & Figures 2015](#)

## Colorectal Cancer

**Colorectal cancer** affects both men and women and may not have symptoms. Screening tests for men and women can prevent colorectal cancer or find it early when colorectal cancer is most treatable.



## What Causes Colorectal Cancer?

Some things can increase your chance, or risk, of getting colorectal cancer:

- ✓ Age – men and women over 50
- ✓ Personal or family history of colorectal cancer
- ✓ Personal history of pre-cancerous colon polyps, or inflammatory bowel disease
- ✓ Smoking
- ✓ Being overweight
- ✓ A diet high in animal fats or low in fruits and vegetables and other sources of dietary fiber
- ✓ Lack of physical activity
- ✓ Heavy use of alcohol

## What Can I Do To Lower My Chances Of Getting Colorectal Cancer?

- ✓ Talk with your doctor about screening tests for colorectal cancer
- ✓ Quitting smoking
- ✓ Regular exercise
- ✓ A healthy body weight and eating healthy foods
- ✓ Lowering the amount of alcohol you drink

## How Do I Find Colorectal Cancer Early?

Follow screening recommendations

- ✓ Men and women age 50 years and older who are at an average risk for colorectal cancer:
  - Talk with your doctor about a colorectal cancer screening test and decide what test is best for you.
- ✓ Men and women with a family and/or personal history of colorectal cancer or precancerous polyps should talk with their doctor and begin testing at a younger age.

### Call Your Doctor If You Have any Signs or Symptoms

- ✓ Changes in bowel movements
- ✓ Stomach discomfort
- ✓ Blood in stool
- ✓ Unintentional weight loss