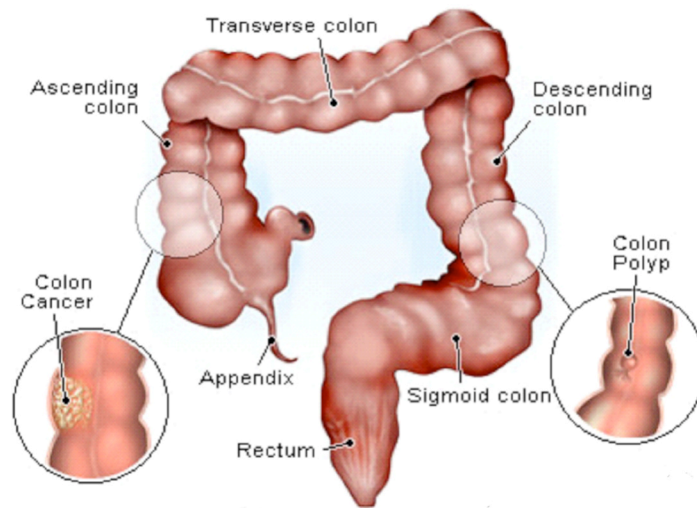




COLORECTAL CANCER FACT SHEET

What is Colorectal Cancer?

Colorectal cancer occurs from tiny growths, or **polyps**, in the colon or the rectum. A polyp is an extra tissue that grows inside your body. Most polyps are non-cancerous and are not dangerous. But over time, some types of polyps can turn into cancer.



Risk Factors

- Being over 50 years of age
- Family history
- Evidence of or previous polyps in the colon and rectum
- High fat diet
- Lack of exercise

Anyone can get colorectal cancer. Although 20%-25% of colorectal cancer occurs to people who have a family history, about 75% of colorectal cancer cases occur in people without these risk factors.

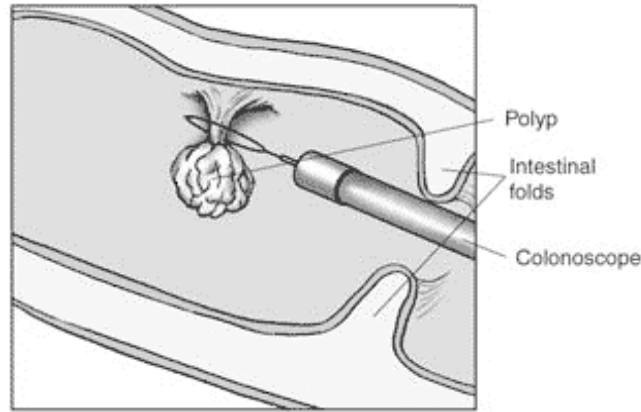
Symptoms

Usually there are no symptoms but some symptoms may include:

- Diarrhea or constipation
- Blood in or on the stool (either bright red or very dark in color)
- Narrow stools
- General stomach discomfort (bloating, fullness, and/or cramps)
- Frequent gas pains
- Feeling that the bowel does not empty completely
- Weight loss with no known reason

Prevention / Early Detection

There are usually no symptoms for colorectal cancer. Screening is highly recommended for individuals who are 50 or older. One of the preferred screenings for colorectal cancer is colonoscopy. During a colonoscopy, a doctor uses a flexible tube that contains a light and a tiny video camera to look inside the entire large intestine. Tissue samples can be collected (biopsy) and abnormal growths or **polyps** can be removed during the procedure.



Colorectal Cancer Screening Guidelines

Beginning at age 50, both men and women should follow these screening guidelines:

- **Fecal occult blood test (FOBT) every year**
- **Sigmoidoscopy every 5 years**
- **Colonoscopy every 10 years**

Diagnosis and Treatment

Treatment depends partly on the stage of the cancer. In general, treatments may include:

- **Chemotherapy** medicines to kill cancer cells
- **Surgery** to remove cancer cells
- **Radiation therapy** to destroy cancerous tissue

Conclusion

Colorectal cancer is the second most common cancer in the U.S. and the third leading cause of death among Asian Americans. The risk of developing colorectal cancer can be dramatically reduced by following cancer screening guidelines and by making simple changes in diet and lifestyle.

Remember early detection save lives!

For more information of our cancer screening program, please **call 240-777-1409** or visit our website at **www.AAHInfo.org**.

Sources

American Cancer Society, Cancer Research And Prevention Foundation, Colorectal Cancer Network, eMedicine Health, National Cancer Institute, WebMed