

# Be Colorectal Cancer Aware



## WARNING SIGNS

- A change in bowel habits that last more than a few days. You may be constipated, have stools more often and/or have loose stools.
- Your stools can be more narrow than usual. It can feel like your bowel does not empty all the way.
- Cramping or abdominal pain
- Blood in or on the stool
- Losing weight without trying

Colorectal cancer is the number three cause of death from cancer in both men and women. Colon and rectal cancers may be curable if found and treated in early stages.

## SCREENING TESTS CAN SAVE YOUR LIFE

Discuss your risk for colorectal cancer with your doctor. Follow their advice for screening tests, which include:

- Home stool blood test
- Virtual colonoscopy
- Sigmoidoscopy
- Colonoscopy

If polyps are found, they can be removed so they do not turn into cancer.

## WAYS TO HELP PREVENT COLORECTAL CANCER

- Eat plenty of fruits and vegetables and whole-grain or high-fiber breads and cereals. Limit red and processed meats.
- Get enough calcium and vitamin D from foods, such as low-fat milks, yogurt, and fortified plant milks. Some studies suggest getting adequate calcium and vitamin D may help prevent colorectal cancer.
- Quit smoking if you currently smoke.
- Do at least 30 minutes of physical activity a day. Limit your sitting and lying down time.
- Lose weight if you are overweight.
- Avoid or limit alcohol to no more than one drink a day for women; two drinks a day for men.
- If you are at a high risk for colorectal cancer, ask your healthcare provider what else you should do.

