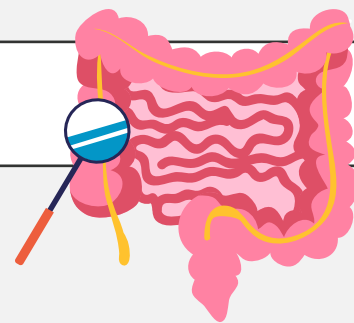


# Colorectal Basics

WORK STRIDE

What you need to know about the third most common cancer in men and women in the U.S.



♂ 1 in 23

Men will develop colorectal cancer in their lifetime.

♀ 1 in 25

Women will develop colorectal cancer in their lifetime.

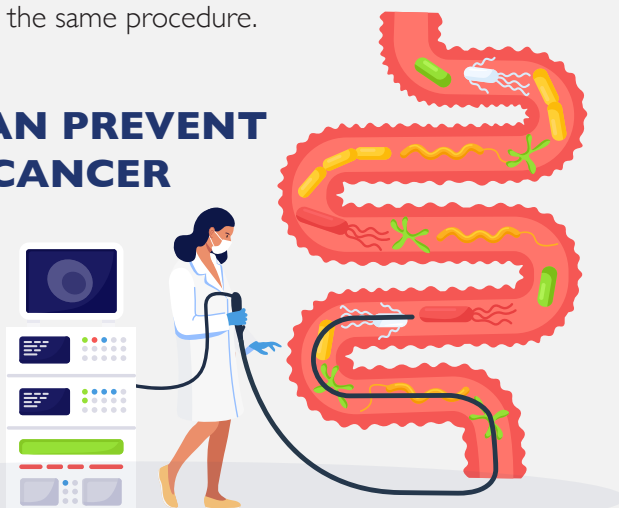
95%

of men and women diagnosed with colorectal cancer **do not have any family history** of the disease.

The **Colonoscopy** is considered the **gold standard** of colorectal cancer screening methods for its ability to view the entire colon and both detect and remove polyps during the same procedure.

## SCREENING CAN PREVENT COLORECTAL CANCER

precancerous growths, as well as detect cancer at an early stage, when treatment is usually **less extensive and more successful**.



## EARLY-STAGE COLORECTAL CANCER

typically does not have symptoms, which is why **screening is usually necessary to detect this cancer early**. Screening starts at age 45 for men and women.

The most common symptom of colorectal cancer is **NO symptom at all** which is why screening is so important.

## 8 SYMPTOMS TO HAVE CHECKED:

- ✓ Rectal bleeding
- ✓ Blood in the stool
- ✓ A change in bowel habits (constipation or diarrhea) or stool shape (e.g., narrower than usual)
- ✓ The feeling that the bowel is not completely empty
- ✓ Abdominal cramping or pain
- ✓ Decreased appetite
- ✓ Unintended weight loss
- ✓ Weakness and fatigue

## RISK FACTORS YOU CAN CONTROL:



**Excess**  
body weight



**Physical inactivity**



**High consumption**  
of red or processed  
meat



**Long-term**  
smoking



**Low intake**  
of calcium



**Heavy**  
**consumption**  
of alcohol



**Very low intake**  
of fruits and vegetables  
and whole-grain fiber

Source: [https://www.cdc.gov/cancer/colorectal/basic\\_info/screening/index.htm](https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm)



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