



*3<sup>rd</sup> leading cause of cancer deaths in N.C.*

### **What Causes Colorectal Cancer?**

Uncontrolled growth and spread of abnormal cells in the colon and rectum; colorectal cancer includes cancers of the colon, rectum, and anus.

#### **Risk Factors** *(may increase the chance of developing gynecological cancer)*

- Family History
- Aging
- Inflammatory bowel disease
- High dietary fat intake
- Smoking
- Colon polyps

#### **Symptoms**

- Blood in stool
- Weigh loss for no reason
- Diarrhea or constipation
- Constant tiredness
- Change in bowel habits
- Abdominal cramping

#### **How do I lower my Risk (Screening)?**

- Get regular **colorectal screening tests beginning at age 50**. If you have a family history of colorectal cancer, polyps, or inflammatory bowel disease, you may need to be tested earlier.
- Fecal occult blood test (FOBT)
- Flexible sigmoidoscopy
- Colonoscopy
- Double-contrast barium enema

**For additional information:**  
**Colon Cancer Alliance - (877) 422-2030**  
**American Cancer Society - (800) ACS-2345**  
**www.nccancer.com**



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