



SENIOR HEALTH

Colorectal Cancer

WHAT YOU SHOULD KNOW

Colorectal cancer is the third most common cancer in men and women. It can occur in any part of the large intestine, which consists of the colon and rectum. Ninety percent of colorectal cancers occur in people over the age of 40.

KNOW THE RISK FACTORS

- having a family history of colorectal cancer before age 50
- having polyps in the colon
- having a history of inflammatory bowel disease
- eating a high-fat diet
- eating a diet low in fiber

HOW TO REDUCE YOUR RISK

- Eat a healthy diet high in fiber and low in fat.
- Get plenty of exercise.
- After age 50, have a sigmoidoscopic examination performed every three to five years and a stool test for blood each year.

SYMPTOMS OF COLORECTAL CANCER

***change in bowel movements
(diarrhea or constipation)***

weight loss

chronic weakness or fatigue

rectal bleeding

lower abdominal pain or bloating

***any change in the size and
shape of your stool***
