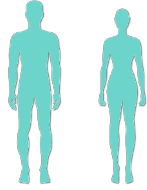


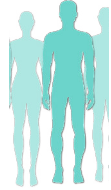
Colon Cancer At A Glance



Your colon is the lower end of your digestive system



Colon cancer affects both men and women



On average, your risk is about 1 in 20

50⁺

90% of new cases occur in people 50 or older



Colon cancer is highly curable when detected early

RISK FACTORS

- Individuals with a personal and/or family history of polyps or cancer
- People over age 50
- Those with ulcerative colitis or Crohn's disease
- Smokers
- People who are overweight

SYMPTOMS

- Change in bowel habits
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort
- Nausea or vomiting
- Unexpected weight loss
- Chronic Fatigue

What You Can Do

- Oftentimes, symptoms do not appear in early stages of the disease. Do not wait for symptoms before talking to your doctor.
- Start getting screened at age 50
- Maintain a healthy weight, eat a health diet
- Adopt a physically active lifestyle
- Don't smoke, or use tobacco products

COLON CANCER is

Preventable

Treatable

BEATABLE

Regular testing and screening can prevent colon cancer or find it early.
If you're 50 and older, go get tested!