



COLORECTAL CANCER

RISK FACTORS

- » Diets high in fat and low in fiber put people at higher risk for colorectal cancer
- » Family history of the disease
- » Have polyps in the colon or rectum
- » Inflammatory bowel disease



SIGNS/SYMPTOMS

- » Prolonged abnormal bowel
- » Decreased appetite
- » Jaundice
- » Cramping abdominal pain
- » Rectal bleeding
- » Weakness and fatigue
- » Having the urge for bowel movement without really having to go



PREVENTION

- » The most effective way to reduce your risk of colorectal cancer is by having regular colorectal cancer screening tests beginning at age 50
- » Regular physical activity

