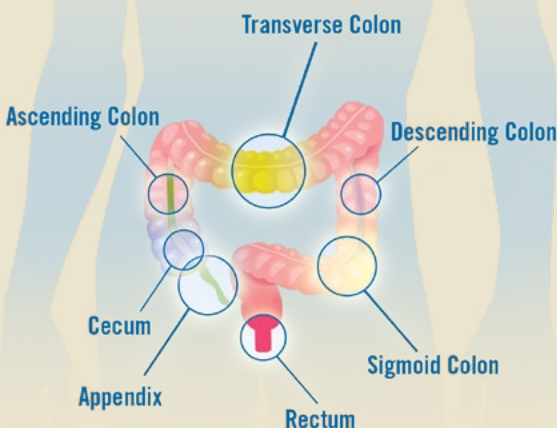


LET'S SAVE A LIFE! STARTING WITH YOURS.

COLORECTAL CANCER IS the 2nd leading cause of cancer deaths for men and women combined in the U.S. Screening for colorectal cancer is effective at both **PREVENTING** cancer, and catching it in **EARLY STAGES**.



1 in 3 adults ages 50-75 have NOT been screened.



SCREENING CAN PREVENT COLORECTAL CANCER.

There are several different screening options. If you're 45 years old or have a family history of colon or rectal cancer or polyps, it's time to talk to your doctor about the best screening option for you.



NEED ANSWERS ABOUT COLORECTAL CANCER?

Fight CRC offers free educational resources, an online community, and monthly webinars.

Learn more. Ask questions.

For more specific information about screening visit: FightCRC.org

Call our free Resource Line at **1-877-427-2111**.

FIGHT COLORECTAL CANCER

RISK FACTORS FOR COLORECTAL CANCER



AGE: More than 90% of people diagnosed are over the age of 50.



MEDICAL HISTORY: If you or a family member has a history of polyps or colorectal cancer, inflammatory intestinal conditions (ulcerative colitis, Crohn's disease, etc.), or inherited syndromes (Lynch syndrome, Familial Adenomatous Polyposis, etc.), you may be at increased risk for developing colorectal cancer.

LIFESTYLE FACTORS:

- A diet high in red meats, processed meats, and fat
- Low physical activity
- Obesity
- Smoking
- Heavy alcohol use



WHAT ARE THE SIGNS AND SYMPTOMS?

Even if you are under the recommended screening age, it's important to know the signs and symptoms of colorectal cancer, **as it can also be diagnosed in people under age 45.**

Common symptoms of colorectal cancer may include the following:



- A change in bowel habits.
- Blood (either bright red or very dark) in the stool.
- Diarrhea, constipation, or feeling that the bowel does not empty completely.
- Stools that are narrower than usual.
- Frequent gas pains, bloating, fullness, or cramps.
- Weight loss for no known reason.
- Feeling very tired and weak.



***Sometimes, there are NO symptoms.**

Check with your doctor if you experience any of the above. Remember, colorectal cancer is preventable, and it is treatable if caught early!