

EDUCATION

COLORECTAL CANCER



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OVERVIEW

A wealth of educational materials is available to increase awareness and understanding of Colorectal Cancer.

RISK FACTORS

Age, family history, personal history, diet, lack of exercise, obesity, smoking, drinking alcohol, diabetes, are all important contributing factors.

- If someone in your family has had Colon Cancer or polyps, your risk is higher.
- If you have had Colon Cancer, polyps, or a disease that affects the intestines, your risk increases.
- Eating a lot of fatty foods and not enough fiber can raise your risk.
- Being very overweight is a major risk factor.
- Using tobacco increases the risk of Colon Cancer.

SIGNS & SYMPTOMS

- Changes in bowel habits (diarrhea or constipation)
- Blood in stool or rectal bleeding
- Abdominal discomfort or cramping
- Unexplained weight loss
- A feeling that the bowel does not empty completely



CONTACT US

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