

What You Need to Know about Colon Cancer

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Colon cancer is the second leading cause of cancer death in the United States. The good news is that screenings can prevent colon cancer or help find it early, when it is easier to treat.

What is colon cancer?

When small growths (called polyps) form in the inner walls of the colon or rectum, they can grow into cancer.



When should I get screened?



Regular screening can prevent colon cancer. **If you are 45 or older**, talk to your doctor about colon cancer screening, even if you feel healthy. If you are high risk for colon cancer your doctor may recommend that you start regular testing before you turn 45.

1 OUT OF 20 PEOPLE DIAGNOSED WITH COLON CANCER IN THEIR LIFETIME



What are colon cancer symptoms?

Most people with polyps and colon cancer have no symptoms. Tell your doctor if you have:



PAIN IN THE STOMACH OR ABDOMEN



INCREASED BOWEL GAS



CHANGES IN THE THICKNESS OR SHAPE OF STOOLS, ESPECIALLY NARROWING



WEIGHT LOSS



BLOOD IN YOUR STOOL



NEW CONSTIPATION OR DIARRHEA

How do I get screened for colon cancer?

There are many ways to get tested for colon cancer. The top two are **a stool test called FIT** or **colonoscopy**.

Early and regular screening leads to a better chance of survival.

9 out of 10 survive early stage colon cancer



Only 1 out of 10 survive late stage colon cancer



What is FIT?

FIT, or Fecal Immunochemical Test, is a stool test done at home that looks for blood in the stool.

- + You will need to bring the stool sample to your doctor's office or mail it in to a lab for testing.
- + The stool test should be done every year, as long as your results are normal.
- + If blood is found in your sample, you might need a colonoscopy.



What is a colonoscopy?

Colonoscopy is a procedure where a doctor inserts a flexible lighted tube into your rectum to check for signs of cancer. The doctor can find and remove most small growths and some cancers.



What can I expect if my doctor recommends a colonoscopy?

- + Proper preparation before your colonoscopy is very important. Carefully follow the instructions from your doctor.
- + Not following or completing these steps may mean repeating them and rescheduling your colonoscopy.
- + Colonoscopies require a mild sedative or anesthesia. You will need someone to pick you up after your appointment.
- + The doctor will discuss your colonoscopy results with you. They will also tell you when to get your next colonoscopy.

How can I lower my chances of getting colon cancer?

Living a healthy life may reduce your chances of getting colon cancer.

LIMIT PROCESSED MEAT IN DIET



WATCH YOUR WEIGHT



EXERCISE REGULARLY



STOP SMOKING



LIMIT ALCOHOL USE



If you are 45 or older, and have not been screened for colon cancer, speak to your primary care provider or call **1-844-692-4692** to make your appointment today!

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Call for an appointment
1-844-NYC-4NYC



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