

**Colon cancer is the 2nd leading cause of cancer-related deaths in the U.S. Symptoms are not noticeable early, so remembering to come in for your regular screenings can save your life.**

### Who is at risk?

The risk of developing colorectal cancer increases as you age. Regular testing is recommended for adults over 45 years old.

People with a personal or family history of polyps or colorectal cancer, as well as those who have an inflammatory bowel disease such as ulcerative colitis or Crohn's are at higher risk.

**fight  
cancer.**



**You CAN reduce your risk of colorectal cancer by:**

- Eating a high-fiber, low-fat diet with plenty of fruits, vegetables, and whole grains; and
- Staying physically active, at a healthy weight;
- Avoiding processed meats, alcohol, and tobacco.

## Take-Home Tests Are Now Available!

**Gone are the days of having a mandatory colonoscopy as a first test.** If you're eligible for testing, you'll be given a test kit and instructions for an easy sample collection you can do in the convenience, comfort, and privacy of your home.

**When colorectal cancer is found early,** the survival rate is over 90%! Currently, only 4 in 10 cases are found early, so screening tests continue to be your first line of defense against this very treatable disease.

**Symptoms of colorectal cancer may include** a change in bowel habits; blood in or on your stool; diarrhea; constipation; feeling that your bowel isn't emptying completely; abdominal pain or cramps that don't go away; or unexplained weight loss.

Learn more about colorectal cancer detection and diagnosis at <https://www.cancer.org/cancer/types/colon-rectal-cancer/detection-diagnosis-staging/detection.html> or scan this QR Code —>

