



CATHOLIC
MUTUAL
GROUP

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Colon Cancer Facts

- Did you know that colon cancer is the **second** leading cause of cancer death in the United States? However, colon cancer is the **MOST** preventable form of cancer.
- 9 out of 10 colon cancers could be prevented or successfully treated with regular colon cancer screenings.
- If everyone 50 years of age and older had regular screening, at least 60% of deaths from colon cancer could be avoided.

With most forms of cancer, prevention starts with:

- Getting regular checkups
- Eating lots of fruits, vegetables, and whole grains
- Engaging in regular exercise
- Maintaining a health weight
- Not smoking
- Limiting alcohol

Who Should Be Tested?

- Everyone beginning at age 50 and then at regular intervals as determined by your physician
- If you or a close relative have colorectal polyps or colon cancer
- If you have Inflammatory Bowel Disease, Crohn's Disease, or heredity non-polyposis colorectal cancer (Lynch Syndrome)

Symptoms of Colon Cancer:

- Rectal bleeding
- Change in bowel frequency and habits
- Unexplained weight loss
- Persistent abdominal pain
- Frequent vomiting
- Feeling "run down" or tired



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