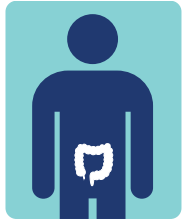


What you need to know about colorectal cancer



Your colon (large intestine) is part of your digestive system



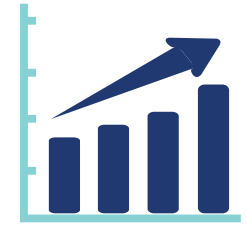
147,950 new caes are expected in 2020



On average, your lifetime risk is about 1 in 24



90% of new cases occur in people 50 or older



Colorectal cancer is on the rise in those under 50.

RISK FACTORS

Anyone can be diagnosed with colorectal cancer, but these things may increase risk:

- Personal and/or family history of polyps or cancer
- Over the age of 45
- Genetic conditions including: Lynch syndrome; Familial Adenomatous Polyposis (FAP); MUTYH-Associated Polyposis (MAP)
- Diagnoses including: Ulcerative colitis, IBD, or Crohn's disease
- Ethnic groups including: African Americans; Jewish people of Eastern European descent; Native Americans; Alaskan Natives

SYMPTOMS

- Change in bowel habits
- Rectal bleeding or blood in your stool
- Diarrhea and/or constipation
- Persistent abdominal discomfort
- Nausea or vomiting
- Unexplained weight loss
- Chronic fatigue
- Anemia

**Not all patients experience symptoms; timely screening is critical*

WHAT YOU CAN DO

- Know the signs and symptoms
- Listen to your body and speak up if something is not right
- Know your family health history
- Get screened at age 45 (earlier if you're at a high risk)
- Maintain a healthy weight
- Adopt a physically active lifestyle
- Eat a healthy diet

ccalliance.org | Helpline: (877) 422-2030

The Colorectal Cancer Alliance is a national organization committed to ending colorectal cancer within our lifetime. We are your allies — a national network of passionate survivors, caregivers and advocates dedicated to helping you and your family navigate all aspects of the disease, from diagnosis and treatment to a lifetime of progression-free survival. We are a community of people eager to share experiences, address your concerns, and answer your questions. We understand the different stages of the colon cancer journey because we've been there. We are here for you when you need us because we believe tomorrow can't wait.

