

# Risk Factors

- Age (50+)
- Family history
- Diet/exercise
- History of Ulcerative Colitis
- History of Crohn's Disease
- History of polyps
- Low Vitamin D3 levels
- Low fiber/high fat diet
- Obesity
- Smoking
- Alcohol

# What is Colon Cancer?

Cancer that begins in the large intestine (final part of digestive tract)

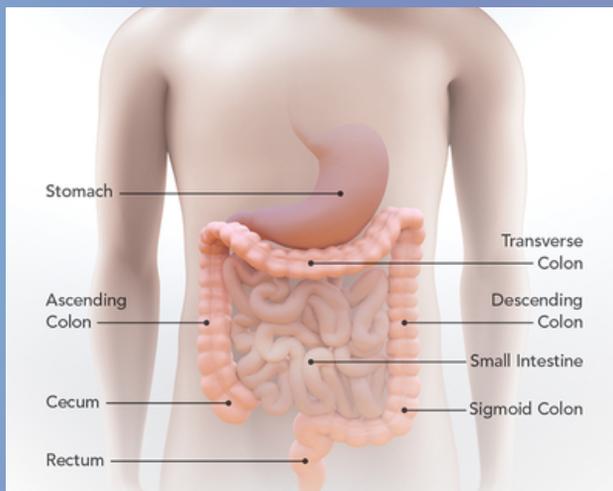
Normally begins as small polyp or small growth on the inner lining of the colon

Third most common cancer in both men and women.

Cancerous tumors form in the colon and are most commonly known as adenocarcinomas.



## Colon Cancer Symptoms



# Signs and Symptoms

Slow growing

Symptoms normally do not appear until disease is advanced

Iron deficiency anemia

Abdominal pain

Change in bowel habits

Alternating constipation

Stools ribbon like and thin

Advanced disease symptoms can include abdominal tenderness, palpable abdominal mass, hepatomegaly, ascites

# Colon Cancer Staging

Stage 0- cancer has not grown beyond mucosal layer

Stage I- grown beyond mucosa into submucosa, no lymph nodes involved

Stage II- grown beyond submucosa into muscle, no lymph node involvement or mets

Stage III- lymph node involvement but no mets

Stage IV- lymph node involvement and mets

# Get The Facts About Colon Cancer

# Screening Guidelines

Should begin at age 45 for individuals who are at average risk

Age 40 for individuals who are at high risk of developing colon cancer

Should be screened every 10 years through the age of 75

## Testing options for Colon Cancer Screening

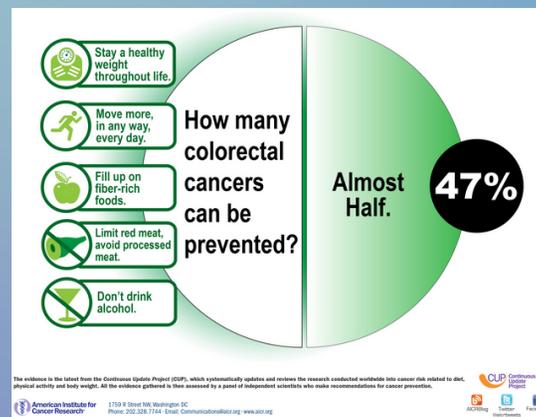
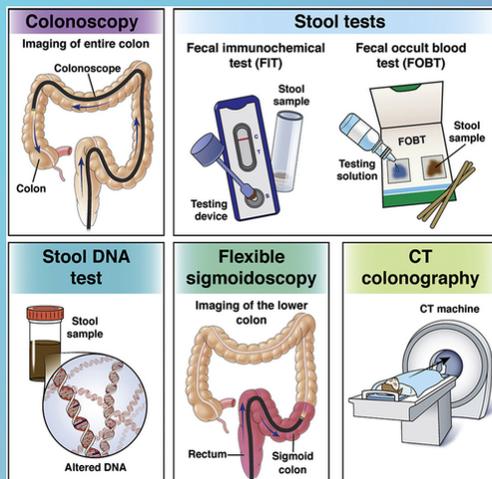
Colonoscopy every 10 years

CT colonography every 5 years

Stool tests every 1-3 years depending on exact test

Flexible sigmoidoscopy every 5 years

At home testing: Cologuard (non-invasive screening option by collecting stool at your own home, no special prep needed)

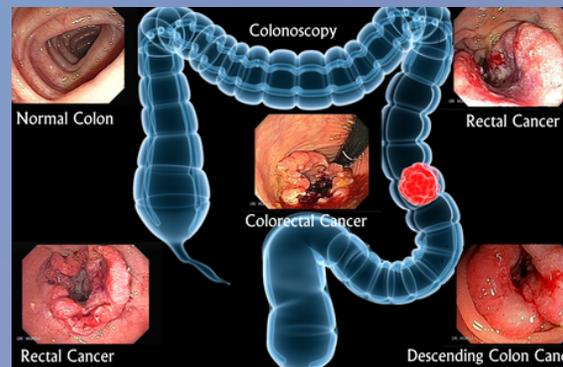


## Surgical Treatments

- Complete resection of the tumor
- Bowel resection
- Partial colectomy
- Colostomy placement
- Ileostomy placement
- Polypectomy in early stages

## Other Treatment Modalities

- Chemotherapy
- Immunotherapy
- Radiation
- Supportive or palliative care in advanced stages



# Preventing Colon Cancer

Maintain a healthy weight

Limit red and processed meats

Consume high amounts of fruits and vegetables

High fiber and low-fat dairy foods

Avoid/quit smoking and using tobacco products

Physical activity at least 30 mins each day

