

RISK FACTORS:

Things you can change:

- Overweight
- Type 2 diabetes
- High red meat diet
- Smoking
- Alcohol use

Things you can't change:

- Age
- Race
- Gender at birth
- Cholecystectomy
- History of colorectal polyps or colorectal cancer
- History of IBS
- Family history of colorectal cancer or polyps

REFERENCES:

Colon cancer - Symptoms and causes – Mayo Clinic. (2023, July 27). Mayo Clinic.

<https://www.mayoclinic.org/diseases-conditions/colon-cancer/symptoms-causes/syc-20353669>

Colon Cancer Stages 0, 1, 2, 3, 4. (n.d.). Memorial Sloan Kettering Cancer Center.

<https://www.mskcc.org/cancer/types/colon/stage>

Colorectal cancer risk factors | Hereditary colorectal risk factors. (n.d.). American Cancer Society.

<https://www.cancer.org/cancer/types/colorectal-cancer/causes-risks-prevention/risk-factors.html>

Linnard-Palmer, L., & Coats, G. H. (2016). *Safe maternity and pediatric nursing care.*

https://openlibrary.org/books/OL29290957M/Safe_Maternity_and_Pediatric_Nursing_Care

WOMEN'S HEALTH

WORRIED ABOUT COLON CANCER?

HANNAH CASTRO, SN

HEALTH SCREENINGS TO DETECT EARLY SIGNS:

- Colonoscopy: every 10 years starting at age 50 or every 5 years for high-risk individuals
- CT scans
- MRI scans
- Fecal occult blood test

SYMPTOMS TO LOOK FOR:

- BLOOD IN STOOL
- ABD PAIN
- LOSING WEIGHT WITHOUT TRYING
- CHANGE IN BOWEL HABITS

TREATMENT OPTIONS:

(treatment will vary depending on the stage of cancer)

- Surgery to remove the cancer
- Chemotherapy (can come in different forms)
- Radiation

PREVENTATIVE MEASURES:

- Smoking cessation
- Refraining from a diet high in red/processed meats
- Receiving recommended health screenings
- Limiting alcohol use
- Exercise regularly/maintain a healthy weight

Colon cancer is a growth of cells that start in the large intestine called the colon. Most cancer starts from noncancerous polyps.

