



OFFICE OF CANCER HEALTH EQUITY

Let us know how we can help you!

- ▶ Education Sessions
- ▶ Community Outreach
- ▶ Cancer navigation that is appropriate to both language and culture

Call **336-713-3665** or email **CancerEquity@wakehealth.edu** to learn more about the Office of Cancer Health Equity or to schedule an education session.

Don't be embarrassed— screening saves lives!

Regular colorectal cancer screening is one of the most powerful weapons against colorectal cancer.

TREATMENTS

General treatment options are tailored to the patient and are evolving everyday through the use of clinical research.

To learn about current clinical trials, visit WakeHealth.edu/BelInvolved.

ADDITIONAL RESOURCES AVAILABLE AT:

Centers for Disease Control and Prevention:
cdc.gov/cancer/colorectal

National Cancer Institute: cancer.gov

American Cancer Society: cancer.org

Colon Cancer Coalition: coloncancercoalition.org

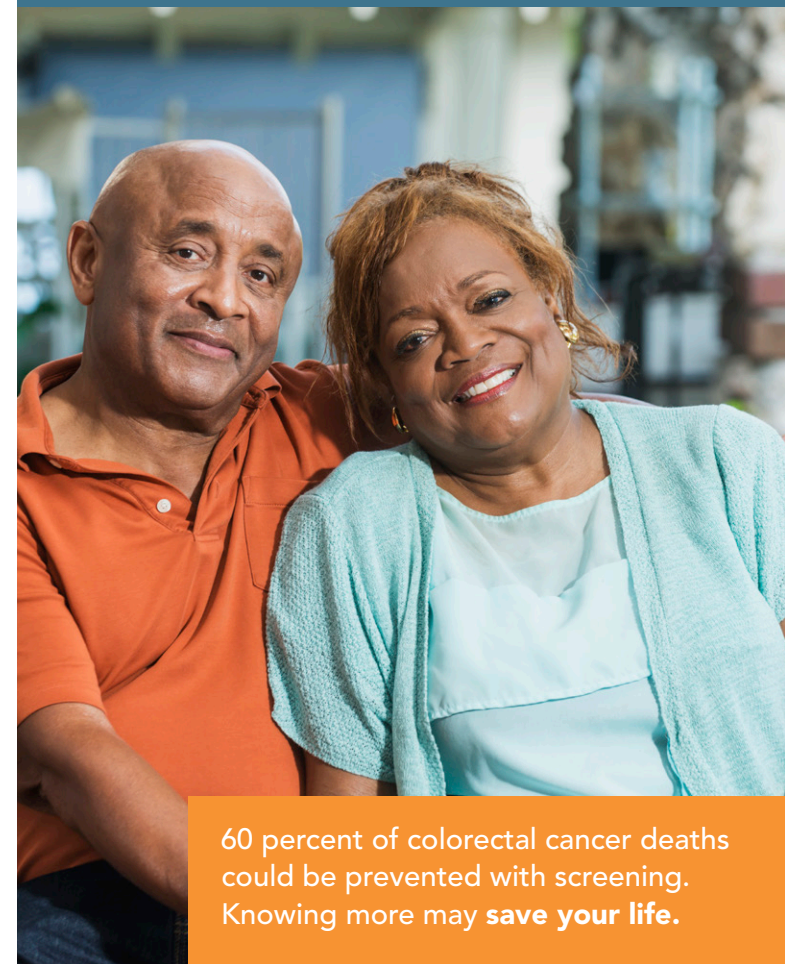


Office of Cancer Health Equity
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Winston-Salem, NC 27157

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KNOW YOUR BODY

A Quick Guide to Colorectal Cancer



60 percent of colorectal cancer deaths could be prevented with screening. Knowing more may **save your life**.



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What is Colorectal Cancer?

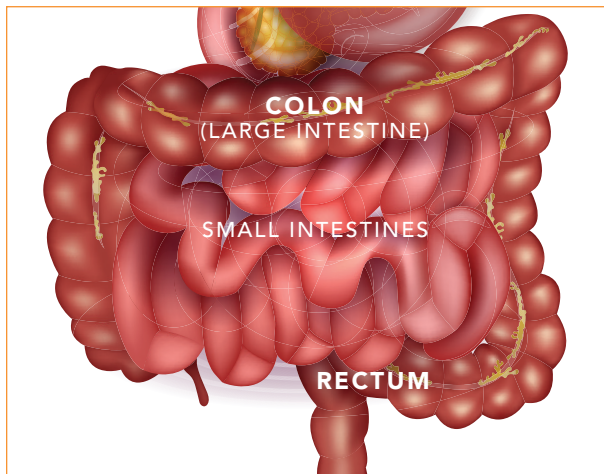
Colon, or colorectal cancer, is cancer that starts in the large intestine (colon) or the rectum (end of the colon). It is the second most leading cause of death from cancer. Colorectal cancer does not discriminate and occurs in both men and women.

SYMPTOMS

Early colorectal cancer does not usually cause symptoms. However, symptoms can include:

- ▶ Abdominal pain
- ▶ Excessive gas
- ▶ Constipation
- ▶ Weight loss
- ▶ Change in bowel habits
- ▶ Change in the shape of stool
- ▶ Bloody stool
- ▶ Bleeding from the rectum

If symptoms last longer than two weeks, talk to a medical professional.



WHAT CAN I DO?



SCREENING

Screening is especially important in detecting colorectal cancer because sometimes the disease progresses without symptoms or the symptoms are attributed to other causes.

- ▶ We recommend a colonoscopy at age 50, or age 45 for African Americans.
- ▶ People with a family history of colon cancer may need to start screening earlier.

Preparation the night before a colonoscopy can be unpleasant, but you'll be asleep for the exam.

TEST	FREQUENCY
Fecal Occult Blood Test (FOBT)	EVERY YEAR
Fecal Immunochemistry Test (FIT)	EVERY YEAR
FIT-DNA	EVERY 3 YEARS
Flexible Sigmoidoscopy	EVERY 5 YEARS
Virtual Colonoscopy	EVERY 5 YEARS
Colonoscopy	EVERY 10 YEARS

FOBT: looks for blood in a small stool sample

FIT: uses chemicals to look for blood in a stool sample

FIT-DNA: detects altered DNA in the stool from a sample sent to a lab to be tested

Flexible Sigmoidoscopy: an exam that looks inside the rectum and lower colon

Virtual Colonoscopy: a procedure using X-rays to make a picture of your colon

Colonoscopy: an exam that looks inside the rectum and entire colon