



1. **Your age**      30s      40s      50s      60s      70s      80s
- 
2. **Smoke cigarettes or use other forms of tobacco**  
 NO ----- YES
3. **Overweight or obese**  
 NO ----- My weight is too heavy for my height ----- YES  
 NO ----- I have a "spare tire" of too much fat around my waist ----- YES
4. **Drinking, eating, food preparation, and physical activity**  
 NO ----- Drink alcoholic beverages heavily, usually daily ----- YES  
 NO ----- Eat red meat at most meals ----- YES  
 NO ----- Often eat processed meats like hot dogs, lunch meats, salami etc. ----- YES  
 NO ----- Consume fatty foods such as bacon, ham, pork, beef ----- YES  
 NO ----- Eat grilled food that is burnt or charred ----- YES  
 YES ----- Eat fresh fruits, fresh vegetables, and whole grains daily ----- NO  
 YES ----- Physically active; get regular exercise during the week ----- NO
5. **Family history of colon or rectal cancer**  
 NO ----- Colon or rectal cancer, especially if before 60 years of age ----- YES  
 NO ----- Colon or rectal polyps ----- YES
6. **Personal health history**  
 NO ----- Polyps, growths on the inside of intestines or rectum ----- YES  
 NO ----- Inflamed bowels or inflammatory bowel disease ----- YES  
 NO ----- Ovarian cancer or breast cancer ----- YES  
 NO ----- Personal history of dysplasia (abnormal cells) in cervix, vagina, or vulva ----- YES  
 NO ----- Type 2 diabetes ----- YES  
 YES ----- Getting regular colon screening such as colonoscopy ----- NO
7. **Colorectal (Colon and Rectum) cancer symptoms**  
 NO ----- Change in bowel habits (constipation or diarrhea) for several days ----- YES  
 NO ----- Blood in stool or bleeding from the rectum ----- YES  
 NO ----- Belly pain or cramping ----- YES  
 NO ----- Weight loss for no known reason ----- YES  
 NO ----- Feeling tired or weak ----- YES

This list of colon and rectal cancer risk factors and symptoms is derived from information published by the National Cancer Institute (NCI) and the American Society of Clinical Oncologists (ASCO). Some of the symptoms may also come from other illnesses or conditions. Talk with your doctor if you experience these symptoms.

For more information about colon or rectal cancer, turn this page over and visit:

## CANCER OF THE COLON

### Adenocarcinoma

- Forms in cells that make and release mucus and other fluids in lining of large intestines
- Accounts for 96% of all colorectal cancers and 30%-40% of small intestine cancers (NCI)

### Carcinoid tumors

- Forms in hormone-producing cells (neuroendocrine cells) that regulate digestive juices in the intestine

## REFERENCES & RESOURCES

American Cancer Society (ACS)

[www.cancer.org](http://www.cancer.org)

Cancer.Net

[www.cancer.net](http://www.cancer.net)

National Cancer Institute (NCI)

[www.cancer.gov](http://www.cancer.gov)

Colon Cancer Coalition

[www.coloncancercoalition.org](http://www.coloncancercoalition.org)

## MULTI-MEDIA

### Colon Cancer Alliance

Tools and support services for persons diagnosed with colon cancer, family caregivers and provider. Downloadable info and worksheets available for screening, colonoscopy prep, family health tree, treatment questions to ask your doctor, symptoms tracking, and others in English and Spanish. Offers survivor and caregiver videos, on-line Facebook chat, Buddy Program, and financial assistance for screening. Telephone HELPLINE 877-422-2030, M-F 9:00-5:00.  
[www.ccalliance.org](http://www.ccalliance.org)

### Colon Cancer MiniAtlas

Carcinogenesis and biological basis of cancer, colorectal anatomy and physiology, colorectal cancer risks, screening, treatment; from Amazon for Kindle

## AUGUSTA UNIVERSITY SERVICES

### Georgia Cancer Center

Multidisciplinary team treats gastrointestinal cancers, including colorectal cancer  
[www.augustahealth.org](http://www.augustahealth.org)

### Digestive Health Center 706.446.4887

1481 Laney Walker Blvd., AD-2226  
Professional 1 Building, Augusta, GA 30912

- Colonoscopy and biopsy services

## FOR MORE INFORMATION [augusta.edu/cancer](http://augusta.edu/cancer)

Georgia Cancer Center  
Cancer Information and Awareness  
1410 Laney Walker Blvd. CN-1179 D  
Augusta, GA 30912

## COLON (LARGE INTESTINE) & RECTUM

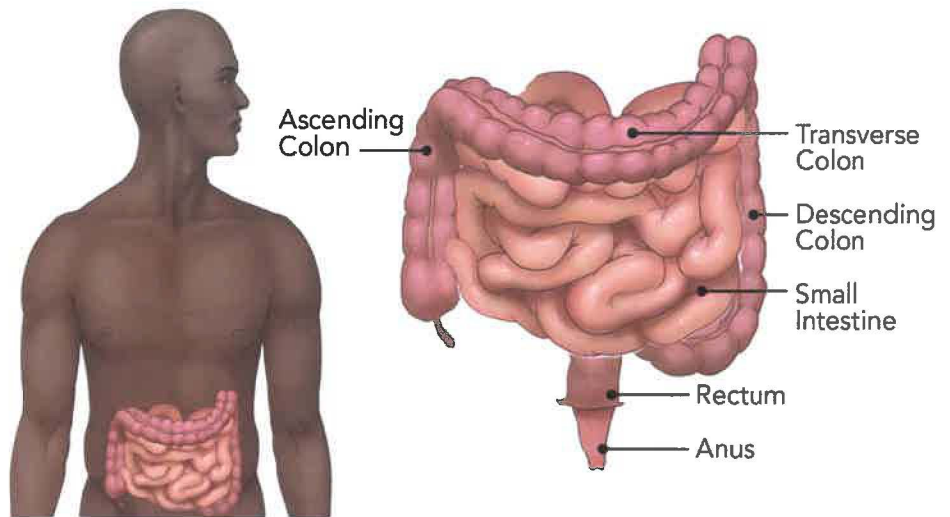


Illustration: Joshua Klein

## GET THE FACTS ABOUT COLORECTAL CANCER IN THE U.S.

Colorectal cancer is cancer of the digestive system. Colorectal cancer refers to cancer of the colon and the rectum. The colon is the large intestine or large bowel. The rectum is the last 6-8 inches of the large intestine. Colorectal cancer is sporadic, which means it occurs by chance and its cause is unknown. Colon and colorectal cancer are very preventable. If discovered early these cancers are highly treatable.

- Colorectal cancer is the 3rd most common cancer in men and women
- 104,610 new cases of colon cancer and 43,340 rectal cancers
- Colorectal cancer is the 2nd leading cause of cancer deaths in men and women combined (ACS Cancer Facts & Figures 2020)
- 49,190 people die of colorectal cancer each year

### Risks for colorectal cancer

Some risks associated with colorectal cancer can be modified and are based on lifestyle choices about our food, how we prepare it, and what we drink. Other risks are not modifiable.

- Aging – 90% of colorectal cancers are diagnosed at 50 years of age or older
- Family history of colorectal cancer
- Personal history of polyps in the colon or rectum; personal history of cancer
- Inflammatory diseases of the intestines like ulcerative colitis or Crohn's disease
- Obesity – 30% increased risk of colorectal cancer (NIH)

## LOWER THE CHANCES OF COLON CANCER

### You can help prevent colon cancer!

- Do not smoke
- Maintain a healthy weight for your height
- Keep physically active
- Limit the fat, red meats and processed meats you eat
- Eat fresh fruits, vegetables and whole grains every day
- Limit alcohol consumption
- Begin regular colon screening at age 50 if average risk. The American Cancer Society recommends colorectal cancer screening start at age 45

### Screening & Early Detection Guidelines for people with average risk; common colon screening tests can start at age 45-50 to include:

- Fecal Immunochemical Test (FIT) checks for blood in stool samples; get every year
- Flexible sigmoidoscopy (FSIG) used to examine the lower colon; get every 5 years
- Colonoscopy, a procedure to examine the rectum and colon; get every 10 years