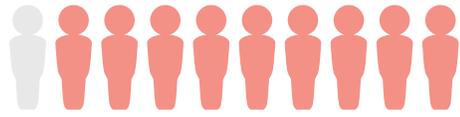


Despite decreases in colorectal cancer death rates over the past two decades, it remains the third most common cause of cancer-related death in men and women in the US. Routine testing can help prevent colorectal cancer or find it at an early stage, when it's smaller and easier to treat. If it's found and treated early, the 5-year survival rate is 90%. Many more lives could be saved by understanding colorectal cancer risks, increasing screening rates, and making lifestyle changes.



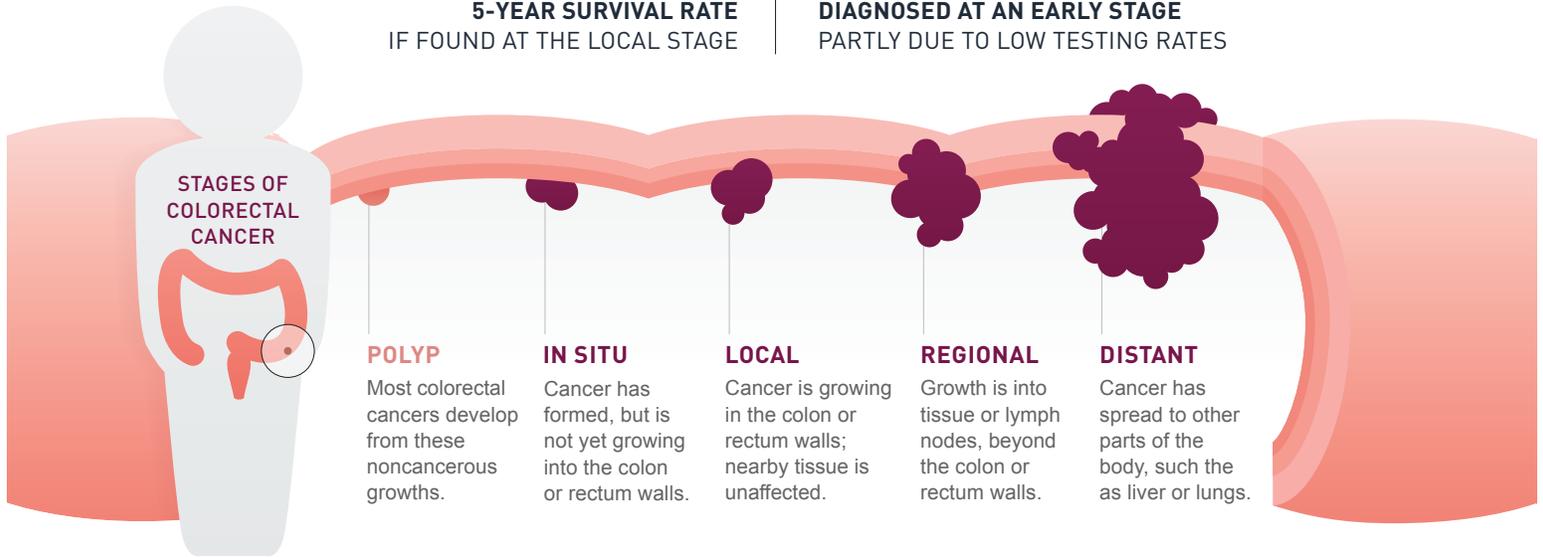
90%

5-YEAR SURVIVAL RATE
IF FOUND AT THE LOCAL STAGE



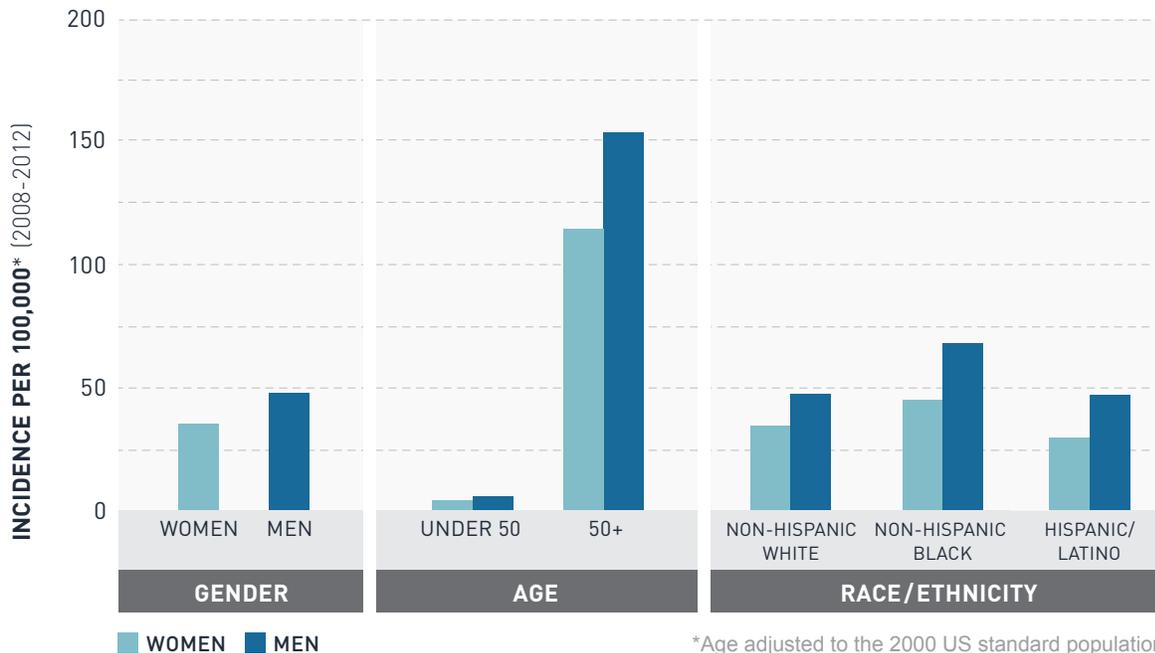
39%

DIAGNOSED AT AN EARLY STAGE
PARTLY DUE TO LOW TESTING RATES



WHO GETS COLORECTAL CANCER?

ANYONE CAN GET COLORECTAL CANCER, BUT SOME PEOPLE ARE AT AN INCREASED RISK.



*Age adjusted to the 2000 US standard population
Data source: North American Association of Central Cancer Registries, 2015.

WHAT CAN YOU DO ABOUT IT?

REDUCE YOUR RISK BY MANAGING YOUR DIET, WEIGHT, AND PHYSICAL ACTIVITY.

	DIET	BODY MASS INDEX	ACTIVITY	LIFESTYLE
DO		 18-25		
LIMIT		 25+ A BMI of 25 or higher is considered overweight or obese.		

IF YOU'RE 50 OR OLDER,* TALK TO YOUR DOCTOR ABOUT GETTING TESTED.

TYPE OF SCREENING TEST	PROS	CONS
<p>Flexible Sigmoidoscopy Slender tube inserted through the rectum into the colon. Provides visual exam of rectum and lower part of colon.</p>	<ul style="list-style-type: none"> Fairly quick Sedation usually not used Does not require a specialist Should be done every 5 years 	<ul style="list-style-type: none"> Doesn't view upper part of colon Can't see or remove all polyps Colonoscopy needed if abnormal
<p>Colonoscopy Direct exam of colon and rectum. Polyps removed if present. Required for abnormal results from other tests.</p>	<ul style="list-style-type: none"> Can usually view entire colon Can biopsy and remove polyps Done every 10 years 	<ul style="list-style-type: none"> Costs more than other tests Higher risk than other tests Full bowel preparation needed
<p>Double-contrast Barium Enema X-ray exam of colon. Barium sulfate is put in through the rectum and spreads throughout the colon.</p>	<ul style="list-style-type: none"> Can usually view entire colon Relatively safe No sedation needed Should be done every 5 years 	<ul style="list-style-type: none"> Can miss small polyps Can't remove polyps during test Full bowel preparation needed Colonoscopy needed if abnormal
<p>CT Colonography Detailed, cross-sectional, 2-D or 3-D views of the colon and rectum with an x-ray machine linked to a computer</p>	<ul style="list-style-type: none"> Fairly quick and safe Can usually view entire colon No sedation needed Should be done every 5 years 	<ul style="list-style-type: none"> Still fairly new test Can't remove polyps during test Full bowel preparation needed Colonoscopy needed if abnormal
<p>Guaiaac-based Fecal Occult Blood Test / Fecal Immunochemical Test Can detect blood in stool caused by tumors or polyps. Health care provider gives patient at-home kit.</p>	<ul style="list-style-type: none"> No direct risk to the colon No bowel preparation Sampling done at home 	<ul style="list-style-type: none"> May miss some polyps/cancers Done every year Colonoscopy needed if abnormal
<p>Stool DNA Test Looks for certain DNA changes from cancer or polyps cells. Health care provider has kit sent to patient.</p>	<ul style="list-style-type: none"> No direct risk to the colon No bowel preparation Sampling done at home 	<ul style="list-style-type: none"> May miss some polyps/cancers Done every 3 years Colonoscopy needed if abnormal

*For average-risk individuals with no symptoms, testing should begin at age 50. If you are at increased risk or are experiencing symptoms, speak to your health care provider right away. **Symptoms include:** Rectal bleeding, blood in the stool, dark- or black-colored stools, change in shape of stool, lower stomach cramping, unnecessary urge to have a bowel movement, prolonged constipation or diarrhea, and unintentional weight loss.

A UNITED FORCE AGAINST CANCER

The American Cancer Society is an organization of 2.5 million strong. From prevention to diagnosis, from treatment to recovery, we're here every step of the way. Together, we are a united force against colorectal cancer and all cancers.

[Learn More](http://cancer.org/colon) // cancer.org/colon
[Detect It Early](http://cancer.org/colontesting) // cancer.org/colontesting
[Live Healthy](http://cancer.org/nupa) // cancer.org/nupa

