



Cancer Center
NCI-DESIGNATED COMPREHENSIVE
CANCER CENTER



COLORECTAL CANCER

WHAT IS COLORECTAL CANCER?

Colorectal cancer is a disease that happens when cells in the colon or rectum (parts of your large intestine) experience abnormal changes in their DNA that causes them to multiply and grow out of control.

WHAT ARE POSSIBLE SIGNS AND SYMPTOMS?

- Multi-day change in bowel habits (diarrhea, constipation)
- Frequent feelings of bowel movement urgency
- Blood in your stool
- Bright red blood when you wipe or in the toilet bowl
- Abdominal cramping or cramps from gas
- Weakness, fatigue, or unexplained weight loss

SCREENING

Screening for colorectal cancer can be done with stool-based tests (e.g., FIT test), or visual exams of the colon/rectum (e.g., colonoscopy). The frequency of screening is based on the test chosen. Discuss with your doctor which screening test is best.

Begin screening for colorectal cancer at:

- 45 if you are at average risk
- Before 45 if you are at high risk*

*High risk = family history, genetic risk, and other

Screening recommendations from American Cancer Society

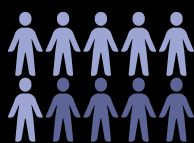
RISK FACTORS

Talk to your doctor for more information on your individual colorectal cancer risk.

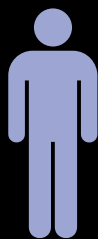
- Older age (50+)
- Being overweight or obese
- First-degree relative (parent or sibling) with colorectal cancer or polyps
- History of chronic inflammatory bowel disease (e.g., Crohn's disease)
- Smoking
- Moderate to heavy alcohol use

COLORECTAL CANCER IN COLORADO

1,916



People diagnosed every year



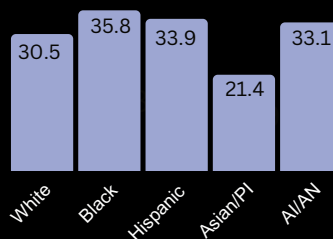
1 in 21 AMAB
Individuals



1 in 25 AFAB
individuals

Will receive a diagnosis in their lifetime

Diagnoses per 100,000
by race/ethnicity



Diagnoses are increasing for Coloradans aged 49 and younger

RESOURCES



bit.ly/COE-02