

What You Need to Know About Colorectal Cancer

Colorectal Cancer is the second leading cancer killer of adults in the United States – but it doesn't have to be. Colon and rectal cancers are *preventable, treatable, and beatable* because if found early, there is a 90% cure rate.

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Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is an abnormal growth that should not be there, and over time certain types of polyps can turn into cancer. Precancerous polyps—or early stage cancers—usually do not cause symptoms, especially at first. This means that someone could have polyps or even colorectal cancer and not know it. By the time most symptoms appear, the cancer is at an advanced stage. That’s why having a screening test is so important.

Am I high risk?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer.

Talk to your doctor about having earlier or more frequent tests if you think you’re at high risk.

Get Screened for Colorectal Cancer

Before they have a chance to become cancerous, polyps can be found with a screening test and removed early, when treatment works best. With routine screenings, colorectal cancer is often preventable. Many different screening tests are available, including a colonoscopy, or several stool testing options.

Talk to your doctor about which test is right for you and how often you should be screened.



The risk of cancers of the colon or rectum increases with age. According to the Centers for Disease Control and Prevention (CDC), if men and women age 50 years or older had regular screening tests, at least 60% of deaths from colon cancer could be avoided.

Visit mvphealthcare.com/coloncancer for more information

Source: *The Centers for Disease Control and Prevention*