



Colorectal cancer is the third most common cancer and the second leading cause of cancer deaths worldwide, with 1,926,425 new cases and 904,019 deaths reported in 2022.

NEWSLETTER



45 IS THE NEW BLUE

Test Early

Screening helps detect abnormal growths that can be removed before they develop into cancer. Regular screening for colorectal cancer starting at age 45 can truly save lives!

COLORECTAL CANCER CAN BE PREVENTED IF TREATED EARLY

YOU MAY BE AT INCREASED RISK IF:

Individuals who are at a higher risk for colorectal cancer might require earlier or more frequent screenings compared to others. If you believe you may fall into this higher risk category, it's important to consult with your healthcare provider about the appropriate routine screening tests for your situation.

- You or a close relative has had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Reference: CDC Publication #211029, Revised September 2024, Colorectal Cancer Symptoms and Risks, National Cancer Screening Guide 2024

WHAT ARE THE SYMPTOMS OF COLORECTAL CANCER?

Someone could have colorectal cancer and not know it. People do not always have symptoms, especially at first **or in early stages**.

YOU MAY BE AT RISK IF:

- Changes in your bowel habits.
- Blood in or on your stool (Bowel movement).
- Abdominal pain, aches, or cramps that don't go away.
- Unexplained weight loss.
- Presence of genetic syndromes like familial adenomatous polyposis (FAP)
- Hereditary non-polyposis colorectal cancer (Lynch Syndrome)
- Intake of red and processed meats
- A low fibre & high fat diet
- Tobacco use
- Alcohol intake
- Obesity

