

BLUE MONTH

COLORECTAL CANCER

Early Screening Starts with You.



FREQUENTLY ASKED QUESTIONS



Colorectal cancer starts as an **abnormal tissue growth**, which is called a polyp, **inside the colon or rectum**. With the help of screening tests, doctors can find polyps and remove them, **which prevents colorectal cancer from developing**.

- The recommended age for colon screening has shifted from 50 to 45 due to rising colorectal cancer rates. **Early screenings are crucial.**
- Screening can be done either with a stool-based test or a visual exam, like a colonoscopy.
- Early stages of conditions can remain undetected for years, making screening essential for early identification. It is advised that individuals undergo a screening test at least once every ten years.

WHAT TO WATCH OUT FOR?

Most colorectal cancers begin as polyps, which may or may not progress to cancer. However, the likelihood of developing colorectal cancer rises if a polyp exceeds 1 cm, if there are more than three polyps present, or if a polyp exhibits dysplasia.

The majority of colorectal cancers are categorized as adenocarcinomas. However, specific subtypes of adenocarcinomas, including signet ring cell and mucinous types, may have a less favorable prognosis.

WHAT ARE THE SYMPTOMS?

- Changes in bowel and stool consistency
- Blood in the stool
- Abdominal discomfort
- Anemia accompanied by fatigue
- Weight loss
- Narrow stools
- Excessive gas production



FACTS

- People at high risk based on family and/or personal history or other factors may need to start screening before age 45, get more frequent screening, or get specific tests.
- Screening can be done either with a stool-based test or a visual exam, like a colonoscopy.
- Rates of Colorectal Cancer in people under 50 are rising globally.

SCREENING FOR COLORECTAL?

- Highly sensitive fecal immunochemical test (FIT)*
- Highly sensitive (gFOBT)*
- DNA test (MT-sDNA) *
- Colonoscopy



sm.cla.2026/03/02