

WHY YOU MIGHT NEED COLON CANCER SCREENING

SCREENING RECOMMENDATIONS*:

Start
Screening at Age



45

Every
Year

Screening with a
fecal occult blood
test (FOBT) or fecal
immunochemical
test (FIT)

Every
5 Years

Visual exams
including CT
colonography and
flexible
sigmoidoscopy

Every
10 Years

Colonoscopy;
if polyps are
removed, repeat
colonoscopy again
after 3 years or
earlier

Stop
Screening
at Age 75

Patients in good
health and have a
life expectancy >10
years should
screen until
age 75

*Recommendations are for those with an average risk of colon cancer (no history of colorectal cancer, polyps, irritable bowel syndrome, family history of colorectal cancer, a suspected or confirmed diagnosis of familial adenomatous polyposis (FAP) or Lynch syndrome, or a past history of radiation to the abdomen or pelvic region for cancer treatment). Patients who do not meet the criteria for having an average risk of colon cancer should refer to their provider for guidance on screening parameters.

WHAT ARE THE SIGNS?

In the early stages of the disease many people do not experience any symptoms, which is why screening is so important! Signs and symptoms can vary, but may include:



Diarrhea, constipation, thinning stools that lasts for more than a few days, and/or the feeling that you are unable to completely empty the bowel



Rectal bleeding and/or blood in the stool (bright red spots or dark tar-like stools)



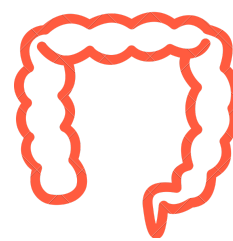
Abdominal discomfort/pain including cramping, bloating, or gas. You may also have nausea, vomiting, fatigue, and/or unexplained weight loss or loss of appetite.

These signs and symptoms may not be specific to colon cancer, but you should always consult with your doctor if you have any concerns.



ESTIMATES FOR 2021

In the United States, it is estimated that 104,270 people will have a newly diagnosed case of colon cancer in 2021.



According to the American Cancer Society, colon cancer in combination with rectal cancer is the **third** most deadly type of cancer.



Your health is important and should be controlled. Talk with a healthcare provider today about getting screened for colon cancer.



IT'S NEVER TOO LATE TO START SCREENING



PASSION FOR PATIENTS
NCODA.ORG

Pharmacy students from NCODA's Professional Student Organization (PSO) chapters at the following colleges assisted in assembling this cancer screening resource:

1. Belmont University College of Pharmacy
2. University of Minnesota
3. Lake Erie College of Osteopathic Medicine
4. Northwestern University

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COMMON RISK FACTORS



AGE & RACE

About 90% of colorectal cancer cases occur in people 50+ and African Americans may be at highest risk



HEALTH HISTORY

Diagnosis or family history of colorectal cancer and/or polyps, inflammatory bowel diseases, and type 2 diabetes



DIET & ACTIVITY

Obesity and low levels of physical activity, along with diets with low fiber, high fat, and/or processed meats



LIFESTYLE

Smoking tobacco products and alcohol consumption (>1 drink/day for women and >2 drinks/day for men)

REFERENCES

www.cdc.gov

www.cancer.org

www.cancercenter.com

www.ccalliance.org



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