

Facts

1 Colorectal cancer affects an equal number of men and women. Many women, however, think of CRC as a disease only affecting men and might be unaware of important information about screening and preventing colorectal cancer that could save their lives, says the American Society for Gastrointestinal Endoscopy.

2 Beginning at age 50, all men and women should be screened for colorectal cancer **EVEN IF THEY ARE EXPERIENCING NO PROBLEMS OR SYMPTOMS.**

3 A colonoscopy screening exam is almost always done on an outpatient basis. A mild sedative is usually given before the procedure and then a flexible, slender tube is inserted into the rectum to look inside the colon. The test is safe and the procedure itself typically takes less than 45 minutes.

4 Colorectal cancer is highly preventable. Colonoscopy may detect polyps (small growths on the lining of the colon). Removal of these polyps (by biopsy or snare polypectomy) results in a major reduction in the likelihood of developing colorectal cancer in the future.

5 Most colorectal cancers develop from polyps, which are abnormal growths in the colon. If polyps grow unnoticed and are not removed, they may become cancerous. Screening tests can find pre-cancerous polyps so they can be removed before they turn into cancer.

Risk Factors

- Colorectal cancer rises with age
- of 10 cases occurring in those
- Inflammatory bowel disease.
- A personal or family history of cancer or colorectal polyps do risk.
- A genetic syndrome such as familial adenomatous polyposis (FAP) non-polypoid colorectal cancer syndrome).
- Lack of regular physical activity
- Low fruit and vegetable intake
- Consumption of red meat and
- A low-fiber and high-fat diet
- Overweight and obesity.
- Alcohol consumption.
- Tobacco use.

What is a colonoscopy?

Colonoscopy lets your doctor look at the lining of your large intestine for abnormalities by inserting a colonoscope, a tube as thick as your finger, into the colon and slowly advancing it into the large intestine. This instrument, called a colonoscope, has its own lens and light source so the doctor can view images on a video screen.

Why is colonoscopy recommended?

Colonoscopy may be recommended as a screening test for colorectal cancer. Colorectal cancer is the second leading cause of cancer deaths in the United States.

Annually, approximately 150,000 new colorectal cancer are diagnosed. Approximately 50,000 people die from colorectal cancer each year. Screening is recommended by the American Society for Gastrointestinal Endoscopy for people with symptoms such as...

COLON CANCER SCREENING & PREVENTION



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