



## PROTECT YOUR COLORECTAL HEALTH!

GET routine screening tests

KEEP tobacco sacred

KNOW your family history

LIMIT alcohol use

MAINTAIN a healthy weight

EXERCISE frequently

TALK to your health care provider



## FIND OUT MORE ABOUT COLORECTAL HEALTH

NATIONAL CANCER INSTITUTE

[www.cancer.gov](http://www.cancer.gov)

1-800-4-CANCER

AMERICAN CANCER SOCIETY

[www.cancer.org](http://www.cancer.org)

1-800-227-2345

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

[www.cdc.gov/cancer/colorectal/](http://www.cdc.gov/cancer/colorectal/)



# COLORECTAL HEALTH



ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

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1-800-658-6717

[www.tribalcolorectalhealth.org](http://www.tribalcolorectalhealth.org)

COLORECTAL CANCER CAN BE PREVENTED

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Protect Yourself, Your Family and Our Community

[www.tribalcolorectalhealth.org](http://www.tribalcolorectalhealth.org)

## FACTORS THAT PUT PEOPLE AT INCREASED RISK FOR COLORECTAL CANCER INCLUDE:

PERSONAL HISTORY of colorectal polyps, colorectal cancer, or inflammatory bowel disease

FAMILY HISTORY of colorectal cancer (mother, father, sister, brother or child)

Certain rare GENETIC SYNDROMES

## SOME BEHAVIORS AND CONDITIONS THAT MAY ALSO INCREASE YOUR RISK OF COLORECTAL CANCER INCLUDE:

SMOKING commercial tobacco

Excess ALCOHOL consumption

OBESITY

## WHAT IS COLORECTAL CANCER?

### COLORECTAL = COLON + RECTUM

The colon and rectum are part of your digestive system. Their function is to remove water and get rid of waste from the body.

Most colorectal cancer begins as a non-cancerous growth called a **polyp** that forms on the inside layer of the colon or rectum.

Routine screening can actually **PREVENT** colorectal cancer, by finding and removing polyps.



## WHAT ARE THE SCREENING TESTS FOR COLORECTAL CANCER?

From age 50-75, several screening tests can be used to find polyps or colorectal cancer in average-risk men and women, including:

### FECAL OCCULT BLOOD TEST (FOBT):

You do this test at home and send stool sample(s) to a doctor's office or lab.

### FLEXIBLE SIGMOIDOSCOPY + FOBT:

The doctor looks for polyps or cancer in the rectum and lower third of the colon.

### COLONOSCOPY:

The doctor looks for polyps or cancer in the rectum and the entire colon.

Discuss with your health care provider which of these options is best for you!



## WHO IS AT RISK FOR COLORECTAL CANCER?

ALL Native American men and women age 50 and over are at risk for colorectal cancer.

COLORECTAL CANCER OFTEN STARTS QUIETLY,  
WITH NO WARNING.

**DON'T WAIT FOR SIGNS OR SYMPTOMS!**