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
1-800-4-CANCER

AMERICAN CANCER SOCIETY
www.cancer.org
1-800-227-2345

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)
www.cdc.gov/cancer/colorectal/

COLORECTAL HEALTH

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER
Albuquerque, NM
1-800-658-6717
www.tribalcolorectalhealth.org

Protect Yourself, Your Family and Our Community
www.tribalcolorectalhealth.org

This publication was supported by cooperative agreement 5U58DP002054-05 from the Centers for Disease Control and Prevention (CDC). Its contents are sole responsibility of the authors and do not necessarily represent the official view of the CDC.
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!