



Colon Cancer Risk Factors

No one knows the exact cause of colon cancer. Research shows that people with risk factors are more likely than others to develop colon cancer. A risk factor is something that may increase the chance of developing a disease. The following are risk factors and lifestyle factors that may contribute to increased risk for colon cancer for both men and women:

- if you are age 50 and older
- if you use tobacco
- if you are obese
- if you do not get 150 minutes of physical activity per week

“Don’t be afraid, be strong. Don’t leave for tomorrow what you can do today. Get screened for colon cancer.”

Do it for yourself, and for your family!”

Maria Barocio - Lexington, NE

Colon Cancer is...

Preventable...

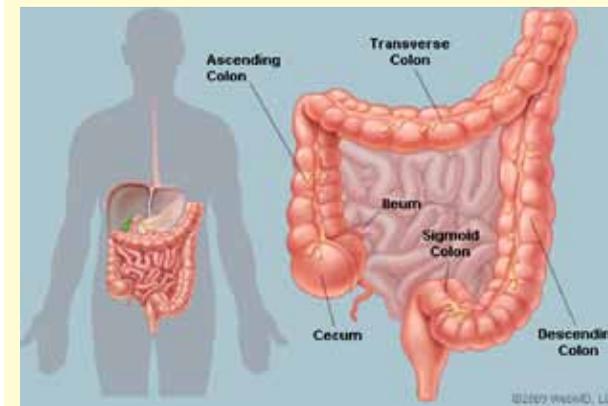
Finding and removing hidden growths (called “polyps”) through the use of screening tests can prevent colon cancer before it starts. Ask your doctor about the right screening test for you.

Treatable...and Beatable!

Found in its early stages, colon cancer may be treatable. Early colon cancer may have no symptoms, so talk to your doctor about screening.

Where’s the Colon?

The colon and rectum are parts of your digestive system. They form a long, muscular tube called the large intestine (also called the large bowel). The colon is the first 4 to 5 feet of the large intestine, and the rectum is the last several inches.



Screening Tests

Screening tests help your doctor find polyps or cancer before you have symptoms. Talk to your doctor about your risks for colon cancer and which test is best for you. The best time to get screened is before symptoms appear. Screening tests include:

Colonoscopy

(Recommended every 10 years)

Your doctor examines inside the rectum and entire colon using a long, lighted tube called a colonoscope. During a colonoscopy your doctor is able to remove polyps if found.

Sigmoidoscopy

(Recommended every 5 years)

Your doctor checks inside your rectum and the lower part of the colon with a lighted tube called a sigmoidoscope. If polyps are found, your doctor may do a colonoscopy to remove polyps.

Fecal Occult Blood Test (FOBT)

(Recommended every year)

Sometimes cancers or polyps bleed, and the FOBT can detect tiny amounts of blood in your stool. If this test detects blood, other tests are needed to find the source of the blood. Benign conditions (such as hemorrhoids) also can cause blood in your stool.

If you’re 50 or older, it’s time to get screened for colon cancer!

COLON CANCER is... PREVENTABLE, BEATABLE and TREATABLE when detected early!

Did you know that:

- Colon cancer is one of the most preventable cancers.
- Testing can help your doctor tell if there is a problem, and some tests can find a polyp before it becomes cancerous.
- Most people who have polyps removed never get cancer.
- Colon cancer is not selective, it doesn't care if you are White, Black, Hispanic, male or female. Anyone can get colon cancer.
- Screening is covered by most insurance companies. *Check your policy!*

Reasons to get Screened:

- Colon cancer is easiest to treat when found early.
- In its early stages, there are no symptoms of colon cancer.
- Colon cancer is the second leading cause of cancer death for both men and women in Nebraska.
- Get screened for your family, they need you!

*"I was screened so I could be here for my family!"
Dave Johnson - Pender, NE*



The *Nebraska Colon Cancer Screening Program (NCP)* offers enrollment, screening and education information to Nebraska men and women who are 50-74 years of age. Tests and services may include fecal occult blood test (FOBT) kit for at home testing, colonoscopy, and information about healthy living. All screening test must be **pre-approved** by NCP staff.

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Women's & Men's Health Programs
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Lincoln, NE 68509-4817

1-800-532-2227

Websites:

www.dhhs.ne.gov/crc
www.StayInTheGameNE.com

Email:

dhhs.nccsp@nebraska.gov



STAY IN THE GAME
GET SCREENED FOR COLON CANCER TODAY
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1-800-532-2227



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Get Screened for Colon Cancer



PREVENTABLE...BEATABLE...TREATABLE!!