



Care for Your Gut:

Colon Cancer Screening






What is Colon Cancer?

Colon cancer — another name for colorectal cancer — is a cancer found in the large intestine (gut) or rectum where the cells grow out of control. Not everyone shows signs of colon cancer. Screenings can help catch early signs of colon cancer.

At What Age Should I Start to Screen for Colon Cancer?




Talk to your doctor about when screening is right for you. Depending on your risk, routine screening can start by age 45 or sooner.

What Are the Symptoms?

-  A change in bowel habits (diarrhea, constipation, or feeling like you didn't empty all the way)
-  Blood in your stool
-  Unexplained weight loss
-  Abdominal pain, aches, or cramps that don't go away
-  Abnormal growths in the colon or rectum, known as polyps

Am I at Risk?

Risk factors for colon cancer include:

-  Family history of colon cancer or colorectal polyps
-  Genetics [Lynch syndrome, familial adenomatous polyposis (FAP)]
-  Have an inflammatory bowel disease (Crohn's disease or ulcerative colitis)

Source: *Colon Cancer, CDC (2023)*

It takes guts to put your health first. Call your doctor to schedule your preventative appointment today!



For more information about colon cancer, scan the QR code or visit www.hpsj.com/gut-health.