

Colon cancer is the 3rd most common cause of cancer deaths in the U.S.

## What is colon cancer?

Colon cancer, the most common gastrointestinal cancer in the U.S., normally begins with a growth in the inner lining of the colon called polyp. Although most polyps do not become cancer, preventive care is critical for the early detection and removal of precancerous polyps.

## Who should get a colonoscopy exam and when?

Colon cancer is most common in men and women age 50 and older. The American Cancer Society recommends that adults start being screened for colon cancer at the age of 50, or earlier, if they have a history of the disease in their family or are exposed to risk factors, such as:

- Cigarette smoking
- Obesity
- Sedentary lifestyle
- High fat diets
- Heavy alcohol intake
- Ulcerative colitis or Crohn's colitis
- Past removal of gallbladder
- Past radiation therapy of the abdomen
- Diabetes

New, non-invasive, FDA-approved technology exists that can screen for colon cancer right in the comfort of your home.

## Common symptoms of colon cancer:

- Iron-deficiency (anemia)
- Rectal bleeding
- Change in bowel habits
- Intestinal obstruction
- Fatigue
- Weight loss
- Abdominal pain
- Palpable abdominal mass and swelling
- Liver enlargement

## How to prevent and treat colon cancer:

A colonoscopy exam is the most reliable way to prevent and detect colon cancer. A colonoscopy is a screening that allows physicians to examine the lining of your colon or large intestine. When colon cancer is detected and treated early, it is highly curable. Surgery is the ultimate treatment for the disease and it is commonly paired with radiation therapy and or chemotherapy.



For more information on colon cancer, visit [fightcolorectalcancer.org](https://fightcolorectalcancer.org)