

# Colon Cancer

## What You Should Know

Colon cancer, also known as colorectal cancer, is one of the most common cancers in the U.S. and the second leading cause of cancer-related deaths.

### Symptoms of Colon Cancer



Pre-cancerous polyps and colorectal cancer don't always cause symptoms. If symptoms are present, contact your doctor.

- ✓ Abrupt change in bowel habits (diarrhea, constipation, etc., that lasts more than a few days)
- ✓ Blood in or on your stool
- ✓ Stomach pain, aches, and cramps that worsen over time
- ✓ Decreased appetite
- ✓ Vomiting
- ✓ Weight loss
- ✓ Weakness and fatigue
- ✓ Jaundice (yellowing of the skin and eyes)

### Reducing Your Risk

Lifestyle choices that reduce the risk of colon cancer include:

- Timely screening
- Healthy diet and exercise
- Avoiding smoking
- Maintaining a healthy weight

### DID YOU KNOW?

**MORE THAN** of colorectal cancers occur in people above age 50  
**90%**



Rates for colon cancer in adults older than 50 are on the decline, thanks to preventive screenings



Colon cancer affects men and women **equally**

### Who Should Get Screened?

Early detection can identify cancer before it spreads. Screening is one of the most important tools to decrease your risk of colon cancer.

Everyone should start regular screening at

**age 50**

Colon cancer incidence rates are highest in **African Americans**



1 in 5 people have a **family or personal history** of colon cancer or polyps

People with conditions like **Crohn's disease, inflammatory bowel disease, and some genetic disorders** who are higher risk for colon cancer

For more information visit [stanfordhealthcare.org/colonhealth](https://stanfordhealthcare.org/colonhealth)