



Don't be embarrassed — screening saves lives!

Regular colorectal cancer screening is one of the most powerful weapons against colorectal cancer.

Treatments

General treatment options are tailored to the patient and are evolving everyday through the use of clinical research.

To learn about current clinical trials, visit WakeHealth.edu/BeInvolved.

Additional Resources

- Centers for Disease Control and Prevention: cdc.gov/cancer/colorectal
- National Cancer Institute: cancer.gov
- American Cancer Society: cancer.org
- Colon Cancer Coalition: coloncancercoalition.org


Office of Cancer Health Equity


Let us know how we can help you!


- Education sessions
- Community outreach
- Cancer navigation that is appropriate to both language and culture

Call **336-713-3665** or email CancerEquity@WakeHealth.edu to learn more about the Office of Cancer Health Equity or to schedule an education session.

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These materials are provided in part by the *Jane Walker Perkinson Memorial Fund*, an endowed fund dedicated to the Office of Cancer Health Equity at Atrium Health Wake Forest Baptist Comprehensive Cancer Center.

To make an appointment:
888-716-WAKE • WakeHealth.edu

**Atrium Health Wake Forest Baptist
Comprehensive Cancer Center**
Medical Center Boulevard
Winston-Salem, NC 27157



Atrium Health Levine Cancer is enhanced by our National Cancer Institute-designated Comprehensive Cancer Center at Atrium Health Wake Forest Baptist. Of the 1,000+ cancer programs in the U.S., NCI has officially designated just 56, or 5%, as "Comprehensive" for meeting the highest possible standards.



A QUICK GUIDE TO Colorectal Cancer

Office of Cancer Health Equity



DID YOU KNOW

60 percent of colorectal cancer deaths could be prevented with screening. Knowing more may save your life.



What is Colorectal Cancer?

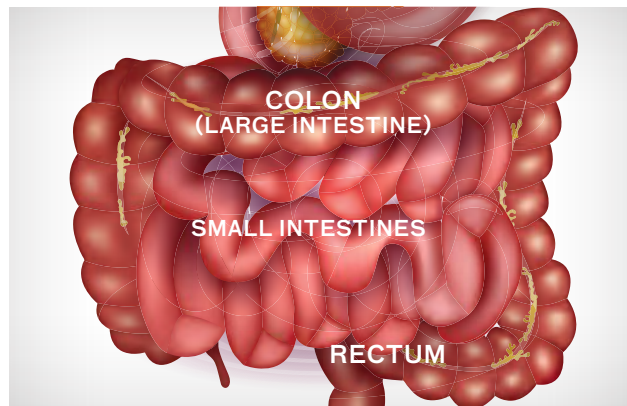
Colon, or colorectal cancer, is cancer that starts in the large intestine (colon) or the rectum (end of the colon). It is the second most leading cause of death from cancer. Colorectal cancer does not discriminate and occurs in both men and women.

Symptoms

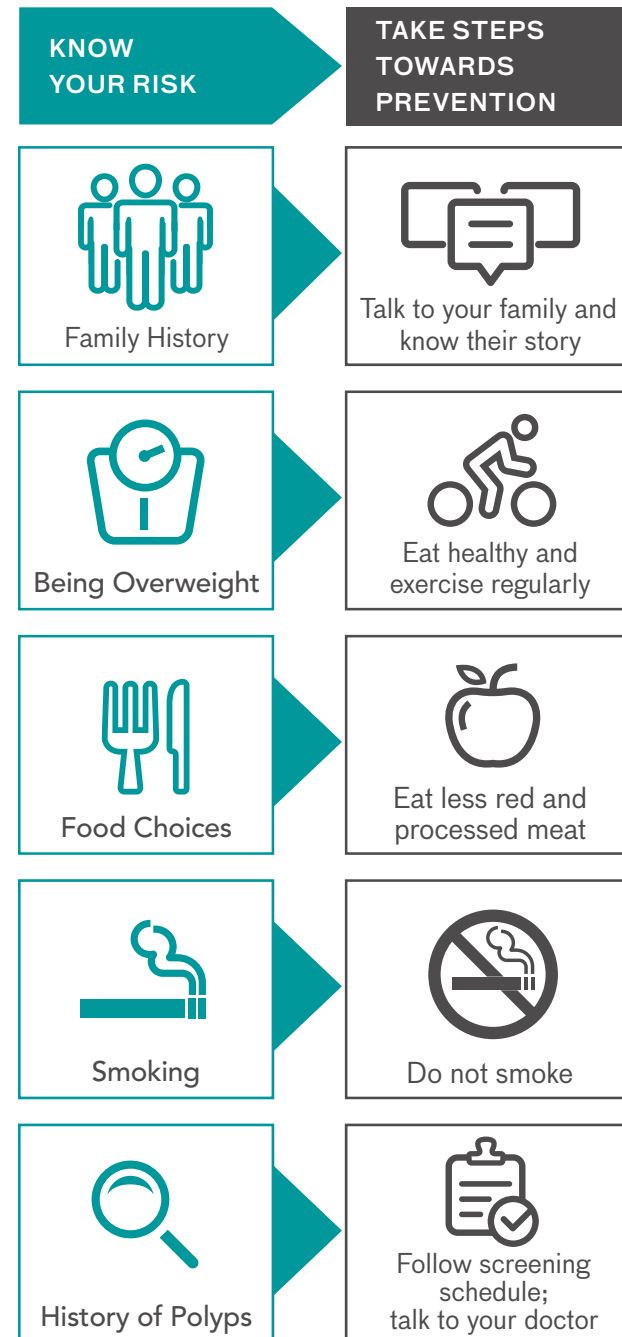
Early colorectal cancer does not usually cause symptoms. However, symptoms can include:

- Abdominal pain
- Excessive gas
- Constipation
- Weight loss
- Change in bowel habits
- Change in the shape of stool
- Bloody stool
- Bleeding from the rectum

If symptoms last longer than two weeks, talk to a medical professional.



What Can I Do?



Screening

Screening is especially important in detecting colorectal cancer because sometimes the disease progresses without symptoms or the symptoms are attributed to other causes.

- We recommend a colonoscopy at age 45.
- Those with increased risk, including those with family history should start screening earlier. Speak with your health care provider about a personal plan.

TEST	FREQUENCY
Fecal Occult Blood Test (FOBT)	EVERY YEAR
Fecal Immunochemistry Test (FIT)	EVERY YEAR
FIT-DNA	EVERY 3 YEARS
Flexible Sigmoidoscopy	EVERY 5 YEARS
Virtual Colonoscopy	EVERY 5 YEARS
Colonoscopy	EVERY 10 YEARS

FOBT: looks for blood in a small stool sample

FIT: uses chemicals to look for blood in a stool sample

FIT-DNA: detects altered DNA in the stool from a sample sent to a lab to be tested

Flexible Sigmoidoscopy: an exam that looks inside the rectum and lower colon

Virtual Colonoscopy: a procedure using X-rays to make a picture of your colon

Colonoscopy: an exam that looks inside the rectum and entire colon (Preparation the night before a colonoscopy can be unpleasant, but you'll be asleep for the exam.)

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