

MARCH IS COLORECTAL CANCER MONTH

HERE'S WHAT YOU CAN DO TO PROTECT YOURSELF AND THOSE YOU LOVE

50 OR OVER? feeling fine? no obvious symptoms?

Three good reasons to get tested for colorectal cancer immediately.



HAVE AN
ANNUAL
SCREENING
FOR
COLORECTAL
CANCER
DONE ONCE
A YEAR, FOR
PEACE OF
MIND FOR
THOSE OVER
AGE 50

Although there's a general misconception that colorectal cancer is mainly a male disease, actually both men and women develop colorectal cancer with almost equal frequency. Generally, anyone over the age of 50 is considered at average risk. High-risk groups include those with either a personal or a family history of colorectal neoplasia (cancer or polyps), and those with an inflammatory bowel disease, such as ulcerative colitis or Crohn's disease. In addition, survival rates in African-Americans are lower than in the general population.

facts about colorectal cancer

- Colorectal cancer is the second leading cause of cancer-related death, to lung cancer, for both men and women.
- Among men and women, colorectal cancer is the second most diagnosed cancer.
- Rates are rising for African-Americans.
- Early detection is the key to survival. Death rates vary by stages of diagnosis.
- According to the American Cancer Society, for African-Americans, 5-year relative survival rates are low, and a smaller portion of cases are diagnosed at an early stage.
- In 2001, 53 percent of colorectal cancer cases were diagnosed at an advanced stage.

data sources

Florida Department of Health, Florida Cancer Data System

4-20-05



YOU MEAN YOUR DOCTOR SAID THAT COLORECTAL
CANCER IS THE NUMBER TWO CANCER-KILLER?

YES. AND THAT'S WHY
BOTH MEN & WOMEN OVER
50 SHOULD GET REGULAR
SCREENING TESTS.

Everyone is at risk for colorectal cancer

If you're 50 or older, you could be developing colorectal cancer and not even know it. **That's the bad news.**
The **good news is**, it's preventable and curable—if detected early.

screening tests:

DIGITAL RECTAL EXAMINATION by a doctor detects tumors only within 10 centimeters.

FECAL OCCULT BLOOD TESTING is a chemical test for blood in a fecal or stool sample.

FLEXIBLE SIGMOIDOSCOPY is the use of a hollow lighted tube to visually inspect the wall of the rectum and lower sections of the colon (large intestine) by a doctor.

COLONOSCOPY is the visual examination of the large intestinal wall with a flexible fiber optic device that enlarges the view of the wall of the intestine on a screen. Use of colonoscopy can be diagnostic and therapeutic. If polyps or foreign bodies are found they can be removed in the same procedure at the same time.

The Florida Department of Health encourages everyone 50 and over to get screened for colorectal cancer. Call or contact:

Florida Department of Health, Bureau of Chronic Disease Prevention and Health Promotion

850-245-4330, www.doh.state.fl.us/family/cancer

Centers for Disease Control and Prevention, www.CDC.gov

The National Cancer Institute, 1-800-4-Cancer