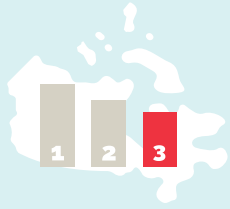


Screening for Colorectal Cancer



colorectal cancer is the third most common cancer in Canada¹

1 in 14 men & 1 in 18 women will receive a diagnosis in their lifetime



with screening and early detection, colorectal cancer can be preventable and easy to treat

1. Government of Canada. Colorectal cancer in Canada page. Available at: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/colorectal-cancer.html>. Accessed 2021-07-02.

Early Warning Signs

blood on or in your stool, either bright red or very dark in colour



unexpected changes to bowel habits, such as diarrhea and/or constipation

constant abdominal pain

feeling that the bowel does not completely empty

unplanned weight loss



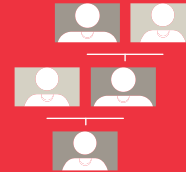
constant fatigue

Risk Factors

50 years of age or older



consuming a diet high in processed and red meats



family history of colorectal cancer or polyps, uterine cancer, or ovarian cancer



smoking tobacco



physical inactivity

drinking alcohol



overweight or obesity



inflammatory bowel disease (primarily Crohn's disease in the colon and ulcerative colitis)

Screening Guidelines

All individuals 50 years of age and older are at an average risk for colorectal cancer, even without symptoms. Your healthcare provider will recommend a screening test based on your medical history and your risk for colorectal cancer. The tests available vary by province and include:

- fecal immunochemical test (FIT)
- fecal occult blood test (FOBT)
- flexible sigmoidoscopy
- colonoscopy
- CT colonography



Contact your healthcare team. **Get checked.**

To learn more, visit www.badgut.org/colorectal-cancer.