

COLON CANCER

SECOND LEADING CAUSE OF DEATH
FROM CANCER FOR BOTH
MEN AND WOMEN

COLON CANCER IS MOST
COMMON AFTER AGE 50

50+



AWARENESS AND SCREENING

- Colon cancer is highly treatable when found early.
- Screening is important because there usually are no symptoms of colon cancer at first.
- Screening can prevent colon cancer by removing polyps.
- Screening for average risk persons should begin at age 45.
- Persons who are at high risk may need to be screened before age 45 and more often.
- There are many screening options, including at-home tests; talk with your healthcare provider to see which is right for you.
- Most colon cancer screenings are covered by insurance, Medicare and Medicaid.
- You may be eligible for free colon cancer screening if you are uninsured or underinsured. Call the KY CancerLink for more information, toll free, 1-877-597-4655.



RISK FACTORS



- Age 50 and over
- Personal or family history of colon cancer and/or polyps
- Inflammatory bowel disease, or certain hereditary conditions
- African American

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SYMPTOMS

There may be no symptoms with colon cancer. When symptoms occur, they may include blood in the stool, a change in bowel habits, or unexplained weight loss.

PROTECTION AND PREVENTION

Not all cancers can be prevented, but many can be by making healthy choices:

- Don't smoke
- Eat a low-fat diet with plenty of fruits, vegetables, and whole grains
- Routine exercise
- Maintain a healthy weight
- Limit alcohol (2 drinks or less per day for men and 1 drink or less per day for women)



MORE INFORMATION

Visit www.kycancerprogram.org or call 1-877-326-1134 for cancer resources in your community and to contact your local KCP office. Click on Pathfinder to find information and services for cancer prevention, screening, treatment, and support services in all 120 Kentucky counties.



The Kentucky Cancer Program is the state mandated cancer control program jointly administered by the Brown Cancer Center, University of Louisville and the Markey Cancer Center, University of Kentucky.