

What is Colon Cancer?

It is cancer of the colon or rectum and clinically referred to as colorectal cancer. It generally develops from tiny growths inside the colon or rectum called polyps, which can bleed into the colon or rectum. Polyps are not cancerous at the outset, but some polyps are treated early, there is a ninety percent chance colorectal cancer can be cured. That's why regular screening is so important.

Common Symptoms

There are no physical signs or symptoms during the early stages of the disease. As colorectal cancer progresses the following late stage symptoms may occur:

- A change in your bowel movements
- Blood (either bright red or very dark) in your stools
- Diarrhea, constipation or feeling that your bowel does not empty completely
- Stools that are narrower than usual
- Stomach discomfort
- Unexplained weight loss
- Fatigue

Reduce the Risk

You can reduce the risk of colorectal cancer, as well as many other diseases by:

- Eating a healthy diet
- Leading an active lifestyle
- No smoking
- Drinking alcoholic beverages in moderation

Take Action

Get informed about this important health initiative. Make it part of a regular cancer screening routine.

Talk to your health care provider about the right screening method for you.

For more information go to
ColonCancerCheck.ca

Or call INFOline @ 1-866-410-5853,

(TTY 1-800-387-5559)

Colon Cancer Check



IF YOU WERE SEE-
THROUGH, IT
WOULD BE EASIER
TO SPOT COLON
CANCER.

**UNFORTUNATELY
YOU'RE NOT. SO TALK
TO YOUR HEALTH CARE
PROVIDER ABOUT
SCREENING TODAY!**

FACT IS, Ontario has one of the highest rates of colorectal cancer in the world and thousands die from it each year. When caught early through regular screening, there is a 90 per cent chance colorectal cancer can be cured. That's why screening and early detection is so important to your health. If you're over 50 years old or have a family history (parent, child, sibling) of the disease, talk to your health care provider about colorectal cancer screening.



The Facts

You can't afford to ignore colorectal cancer and here's why:

- When detected early through regular screening, there's a 90 per cent chance of curing colorectal cancer
- Colorectal cancer is the 2nd leading cause of cancer deaths in Ontario
- It is estimated that 7,800 Ontarians are diagnosed with colorectal cancer and 3,250 die from the disease each year.

Become Aware!

What is ColonCancerCheck?

Colorectal cancer is serious business. It's the second-leading cause of cancer deaths in Ontario for both men and women, but it is highly curable when caught early. That's why the Government of Ontario, in collaboration with Cancer Care Ontario, created ColonCancerCheck – a province-wide colorectal cancer screening program that encourages all adults aged 50 and older to get screened for colorectal cancer.

Types of Screening

There are different ways to screen for colorectal cancer. The common screening methods that are part of the ColonCancerCheck program are:

1) Fecal Occult Blood Test (FOBT)

The FOBT is a simple test that can be done in the privacy of your own home. It tests for blood in your stool, which may be a sign of colorectal cancer. The FOBT kit includes a detailed instruction sheet so you'll know exactly what to do.

2) Colonoscopy

A colonoscopy involves inserting a long flexible tube through the rectum and extending it along the length of the colon. At the end of the tube is a small camera to help the specialist examine your colon and rectum, and remove polyps. A colonoscopy is recommended for individuals at increased risk and for those who have a positive FOBT result.