



# Colorectal Cancer Awareness Toolkit

*SCREEN IT! TREAT IT! BEAT IT!*

**FOR MORE INFO,  
VISIT [CCRAN.ORG](https://ccran.org)**

**CCRAN**  
Colorectal Cancer  
Resource &  
Action Network



**RISCC**  
Réseau d'informations  
et soutien pour le  
cancer colorectal

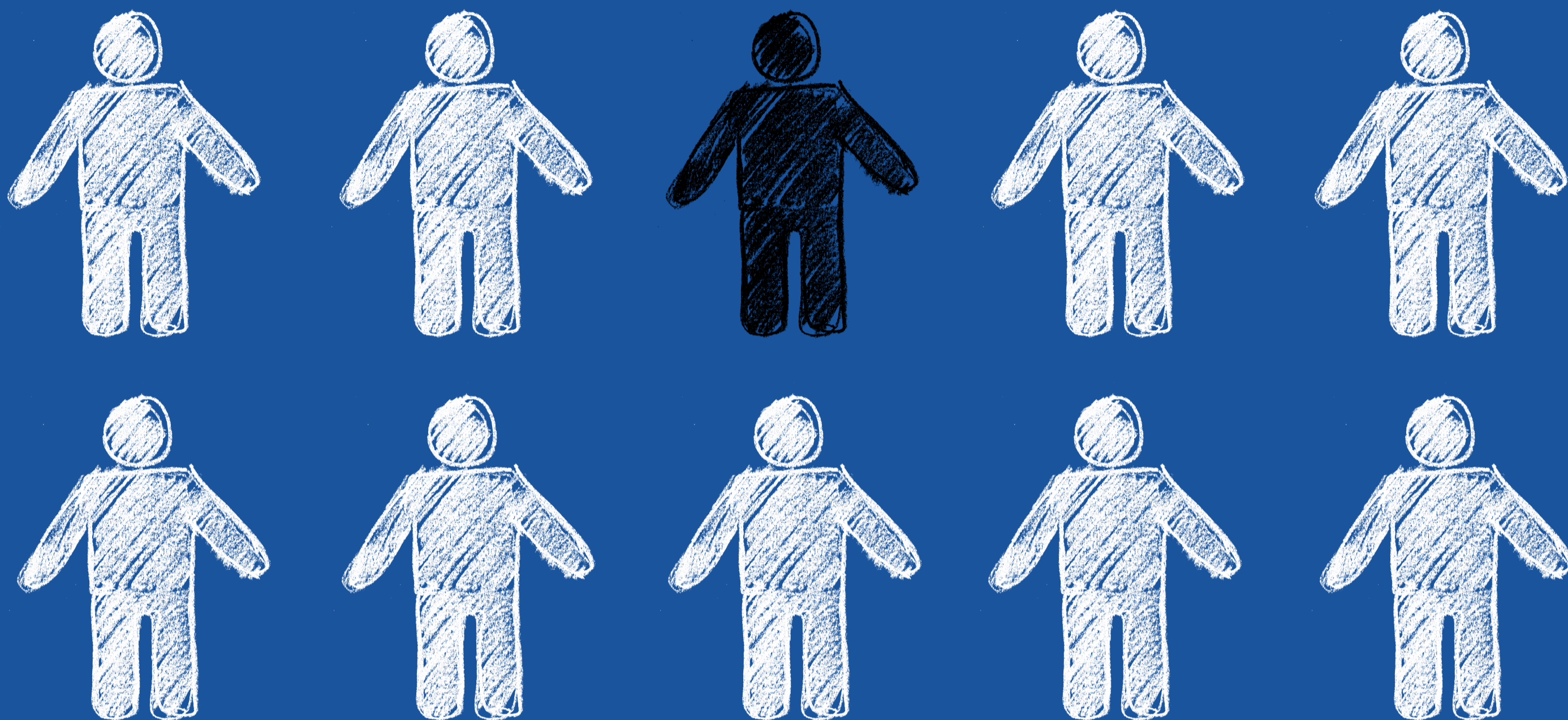
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**9 OUT OF 10 PEOPLE  
MIGHT BE CURED  
IF COLON CANCER  
IS CAUGHT EARLY  
THROUGH SCREENING.**

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# COLORECTAL CANCER IS THE MOST PREVENTABLE CANCER



**Eat a diet rich in fruits, vegetables, whole grains and beans.**



**Be physically active and maintain a healthy weight.**



**Limit consumption of red meat per week, and limit or avoid processed meats altogether.**



**Limit consumption of fast foods and other processed foods that are high in fat, starches or sugars.**



**Limit consumption of sugar sweetened beverages.**



**Limit consumption of alcohol.**



**Do not use supplements for cancer prevention – aim to meet your nutritional needs through diet when possible.**

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# **SYMPTOMS OF COLORECTAL CANCER MAY INCLUDE:**

**1**

**Bloody  
stools**

**2**

**Prolonged  
constipation  
/diarrhea**

**3**

**Narrow  
stools**

**4**

**Abdominal  
cramping**

**5**

**Unexplained  
weight loss  
/loss of appetite**

**6**

**Sense of  
fullness**

**7**

**Nausea &  
vomiting**

**8**

**Gas &  
bloating**

**9**

**Fatigue/  
lethargy**

**SCREEN IT! TREAT IT! BEAT IT!**  
**TOGETHER, ANYTHING IS POSSIBLE**

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# Have you looked at your poop today?

*1 in 17 Canadians will develop colorectal cancer in their lifetime. Knowing the symptoms and getting screened could save your life.*

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## 3 Concerns to Discuss with your Family Physician to Screen for Colorectal Cancer if:

1

You have a personal history or family history related to cancer.

2

You are experiencing any symptoms related to irregular bowel movements lasting more than two weeks.

3

You are experiencing any other irregular symptoms lasting longer than two weeks that are concerning. If so, what are they?

### Symptoms of colorectal cancer may include:

- Bloody stools
- Prolonged constipation / diarrhea
- Narrow stools
- Abdominal cramping
- Unexplained weight loss / loss of appetite
- Sense of fullness
- Nausea and vomiting
- Gas and bloating
- Fatigue / lethargy

# ALL ABOUT COLORECTAL CANCER

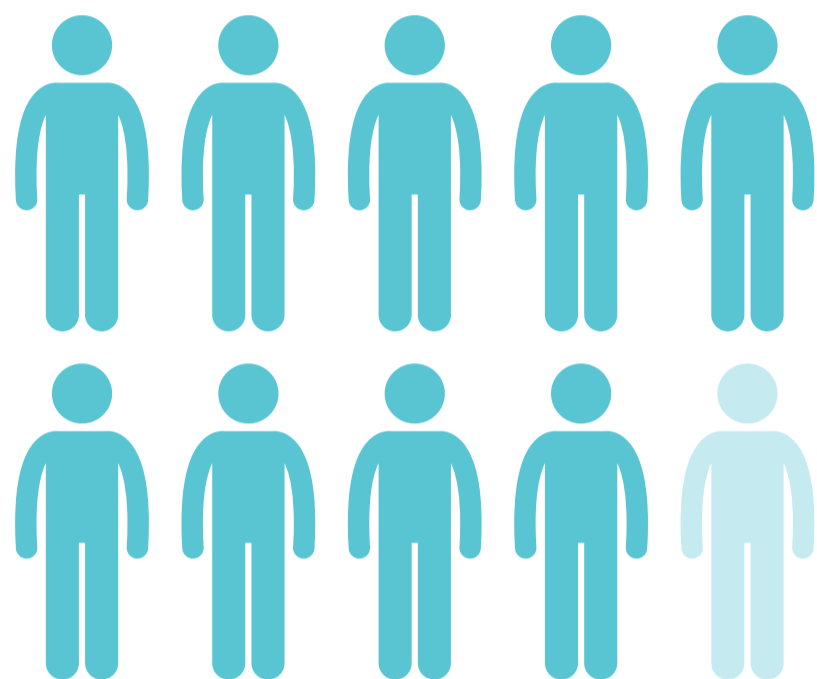
Colorectal cancer is a cancer that starts in the cells that line either the colon or the rectum. Colorectal cancer usually starts from a polyp, a growth that originates from the lining of the colon or rectum. Polyps are benign entities and can take 3-5 years to develop and an additional 2-3 years to turn cancerous.

2<sup>nd</sup>

Colorectal cancer is the #2 leading cause of cancer death in Canada. However, it is the **MOST PREVENTABLE CANCER!**

9 out of 10

may be cured if colon cancer is caught early through screening.



## Prevention is key!



Eat a diet rich in fruits, vegetables, whole grains and beans.



Be physically active and maintain a healthy weight.



Limit consumption of red meat per week, and limit or avoid processed meats altogether.



Limit consumption of fast foods and other processed foods that are high in fat, starches or sugars.



Limit consumption of sugar sweetened beverages.



Limit consumption of alcohol.



Do not use supplements for cancer prevention – aim to meet your nutritional needs through diet when possible.

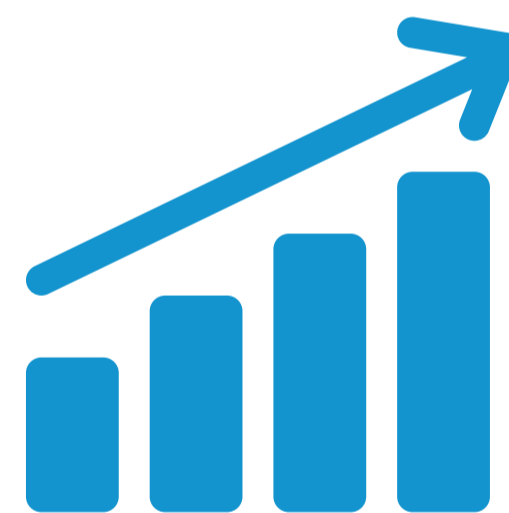
70-75%  
of colorectal cancers  
are sporadic.

These are cancers that occur in people who do not have a family history of that cancer or an inherited change in their genetic material (DNA) that would increase their risk for that cancer.

## Screening saves lives!

The national guidelines for Canadians without a family history of colorectal cancer suggest **getting screened for colorectal cancer starting at age 50, and then every two years.**

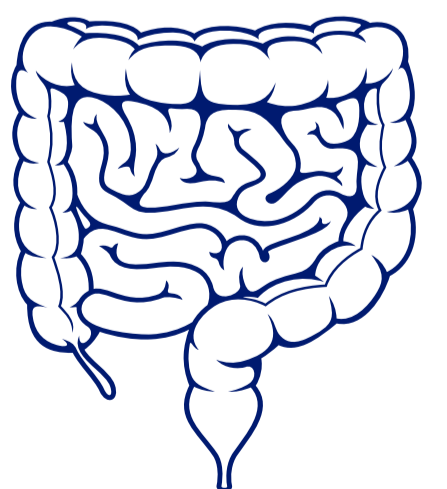
50+



Colorectal cancer is historically considered a disease of older adults. However, **research indicates a steady increase in the risk of early age onset colorectal cancer** during the years approaching and beyond screening age.

## Signs of colorectal cancer may include:

- Bloody stools
- Narrow stools
- Abdominal cramping
- Sense of fullness
- Nausea and vomiting
- Gas and bloating
- Fatigue / lethargy
- Prolonged constipation / diarrhea
- Unexplained weight loss / loss of appetite



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