

Colon Cancer

Don't wait for symptoms.
Get checked today.

COLONCHECK program

What is colon cancer?

Colorectal cancer or colon cancer occurs in the colon (bowel) or rectum (inside the bum). Polyps (small growths) can develop inside the colon and rectum.

You can have these small growths for a long time with no symptoms. Polyps can turn into cancer if they are not removed.

Who is at risk?

Those at higher risk include people:

- with a family history of the disease;
- who have or have had colorectal cancer; or
- who have inflammatory bowel disease. e.g., ulcerative colitis or Crohn's disease.

Make sure to tell your healthcare provider if you have abdominal pain, rectal bleeding, or a change in your stool (poop) pattern.

How can I lower my risk?

- Regular screening. If you are between the ages of 50 and 74, get the FIT test every two years.
- Be active.
- Eat lots of berries and vegetables.
- Eat more fibre (whole grains, beans, peas, bran) and less saturated fats (fatty and processed meats).
- Quit or cut down smoking or using snuff/chew.
- Drink less alcohol.

Take the FIT

(Fecal Immunochemical Test)

- You can feel well and not know that you have polyps or early stage colon cancer.
- The FIT takes just a few minutes.
- If discovered early, the chance of being cured is 9 out of 10 people.

How does the FIT work?

Most pre-cancerous growths, or polyps, leak a tiny amount of blood into the bowel—too little to see with your eyes. The FIT looks for this blood in a stool sample.

I took the FIT.

What happens next?

- If blood is found in your stool, it may lead to more tests.
- The follow-up test for an abnormal FIT result is a colonoscopy to see where the blood is coming from. There are many reasons for blood in stool. For example, hemorrhoids/piles can cause blood in stool.
- Most people called back for additional tests will not have cancer.