

COLORECTAL CANCER FACTS

- It is the second leading cause of cancer death
- Affects men and women almost equally
- Can be prevented with early screening
- If caught early, it is 90% curable

Risk Factors Include:

- Age 50 and over
- Family history of colorectal cancer
- Personal history of polyps
- Obesity or poor diet
- Sedentary lifestyle
- Smoking or excessive alcohol consumption
- Inflammatory bowel disease - Crohn's disease or ulcerative colitis

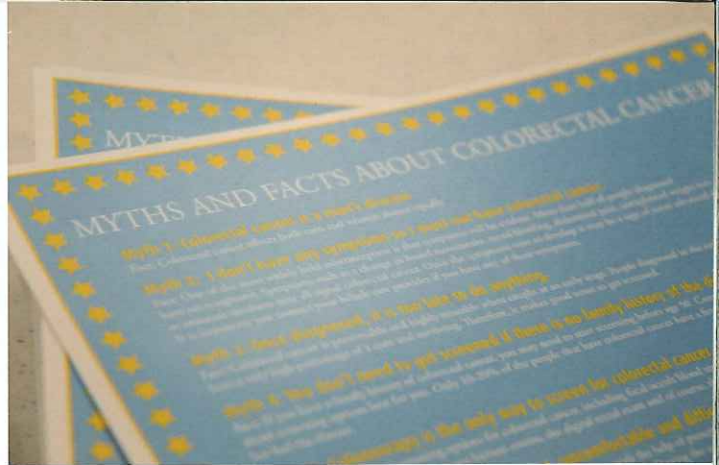
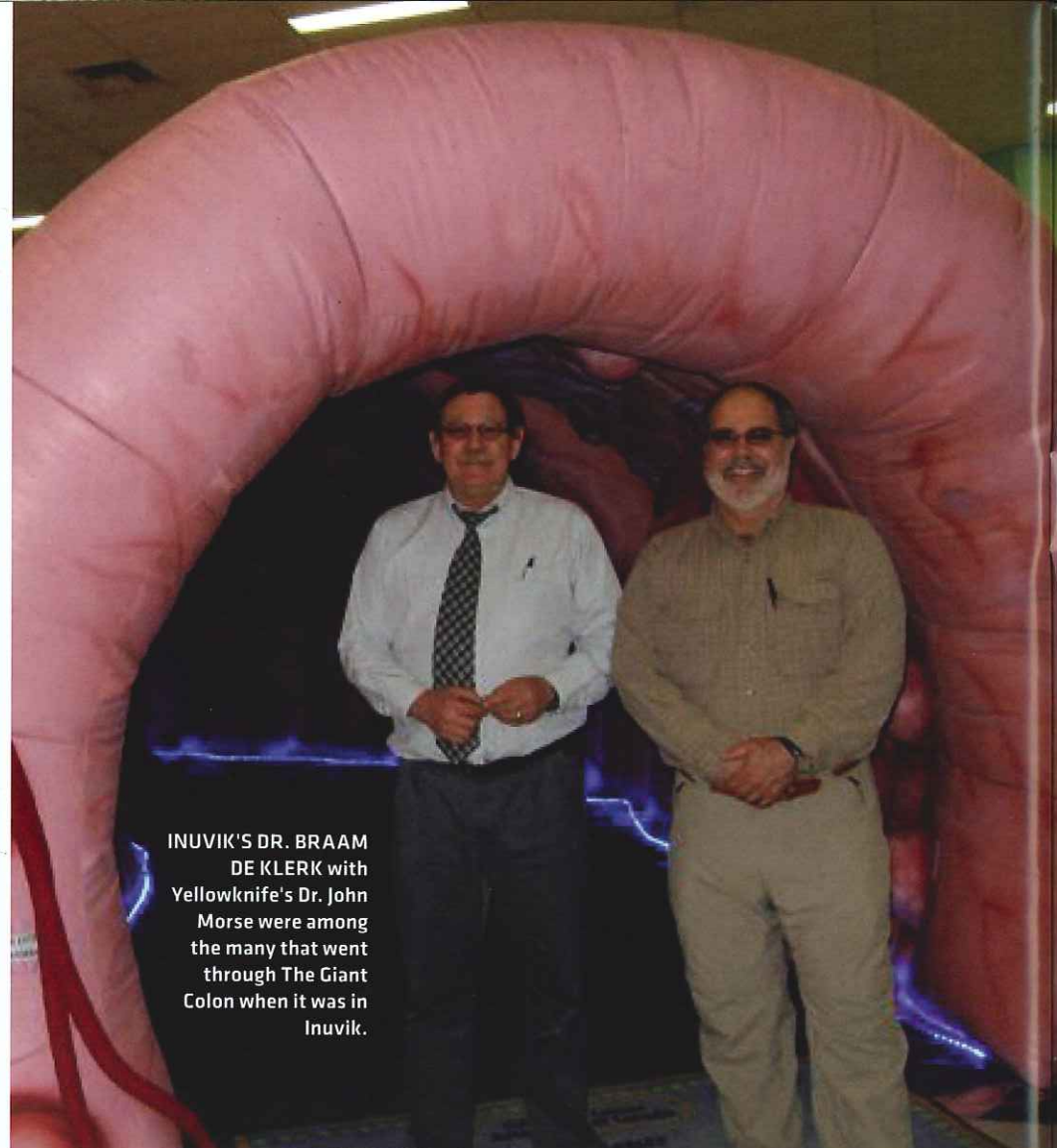
SYMPTOMS

The following symptoms indicate colorectal cancer:

- Loss of appetite
- Unexplained weight loss
- Nausea, vomiting
- Narrower than normal stools
- Blood in the stool
- Prolonged diarrhea or constipation
- Feeling that the bowel does not empty
- Anemia or constant fatigue
- Abdominal pain or discomfort

Colorectal cancer is preventable, treatable and beatable!

Colorectal Cancer Association of Canada
Love Life? Get Screened!
www.colorectal-cancer.ca
1-877-59-COLON (26566)



and exercise, for those people without a genetic connection to the disease. Eat plenty of high-fiber food and produce, reduce your intake of animal fats, drink plenty of water, maintain a healthy body weight, reduce your alcohol intake and stop smoking if you are doing so. Exercise is also very important for overall health."

Overall, CRC is the second leading cause of cancer related deaths in Canada. An estimated 20,000 new cases of CRC and 8,500 deaths occurred in 2006. In the Northwest Territories, colorectal cancer and breast cancer shared the first place as the most common cancer diagnosed between 2001 and 2005, each accounting for 21% of all new cases. A major risk factor for the development of CRC is increasing age. In the NWT, 80% of the new cases between 1994-2005 were found in people aged 50 or older.²

"Again, everyone should be checked by age 50," says Eisenthal. "It is NOT a part of a routine checkup, though it should be. Be proactive and discuss this with your doctor. It's your life." ↗



FOR MORE INFORMATION ON COLORECTAL Cancer, please visit www.colorectal-cancer.ca

1 - COLORECTAL CANCER ASSOCIATION OF CANADA. DID YOU KNOW? WWW.COLORECTAL-CANCER.CA
2 - "AN EPIDEMIOLOGICAL REVIEW OF COLORECTAL CANCER IN THE NWT 1994-2005." DEPARTMENT OF HEALTH AND SOCIAL SERVICES NWT CANCER REGISTRY, YELLOWKNIFE, NT. POWERPOINT PRESENTATION, MARCH, 2007.

ADDITIONAL FACTS AND FIGURES: The cause of CRC is unknown; however, a number of risk factors that seem to increase the chances of developing CRC have been identified.

RISK FACTORS ASSOCIATED WITH THE DEVELOPMENT OF CRC

Age

- As a person ages, the risk of CRC increases. Approximately nine out of ten people diagnosed with CRC are age 50 or older.

Family History and Heredity

- People who have 2 or more first-degree relatives with colorectal cancer have an increased, age adjusted relative risk of colon cancer.
- People with familial adenomatous polyposis (hereditary condition associated with the presence of hundreds or even thousands of colonic polyps) are at increased risk.
- People with hereditary nonpolyposis colon cancer (hereditary cancer syndrome which carries a very high risk of CRC; a person with this syndrome carries an 80% lifetime risk of CRC)⁸. Most people with this syndrome have 3 family members affected with CRC, 2 of whom are in successive generations and at least 1 under the age of 45 years.

Disease

- People with lower intestinal disease such as ulcerative colitis, Crohn's Disease or Inflammatory Bowel Disease have been shown to have an increased risk of CRC.

Diet

- A diet high in red meat and low in fruits and vegetables may increase the risk.

Weight


- Obesity and lack of physical activity increase the risk of CRC.⁷ Moderate physical activity for 30 minutes or more on most days of the week is recommended to help reduce risk.

Alcohol Consumption

- Alcohol, especially beer, may increase the risk. Lower rates of CRC have been found in those who do not drink alcohol.

Smoking

- Smoking not only increases the risk of developing CRC but also the development of precancerous polyps.



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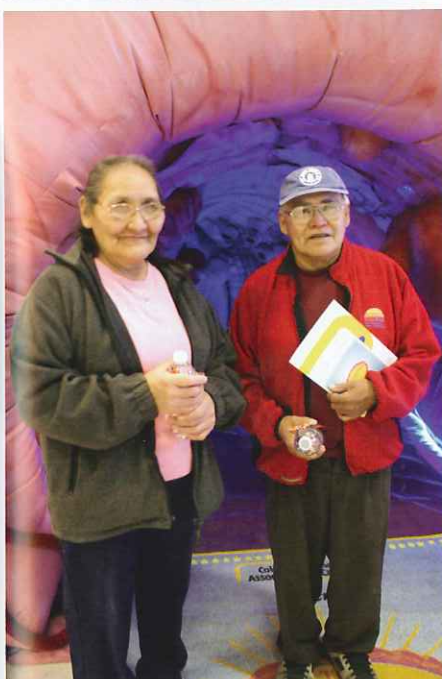
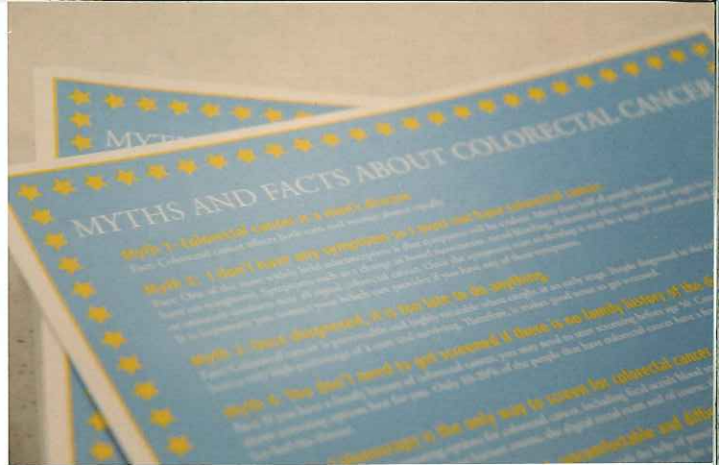
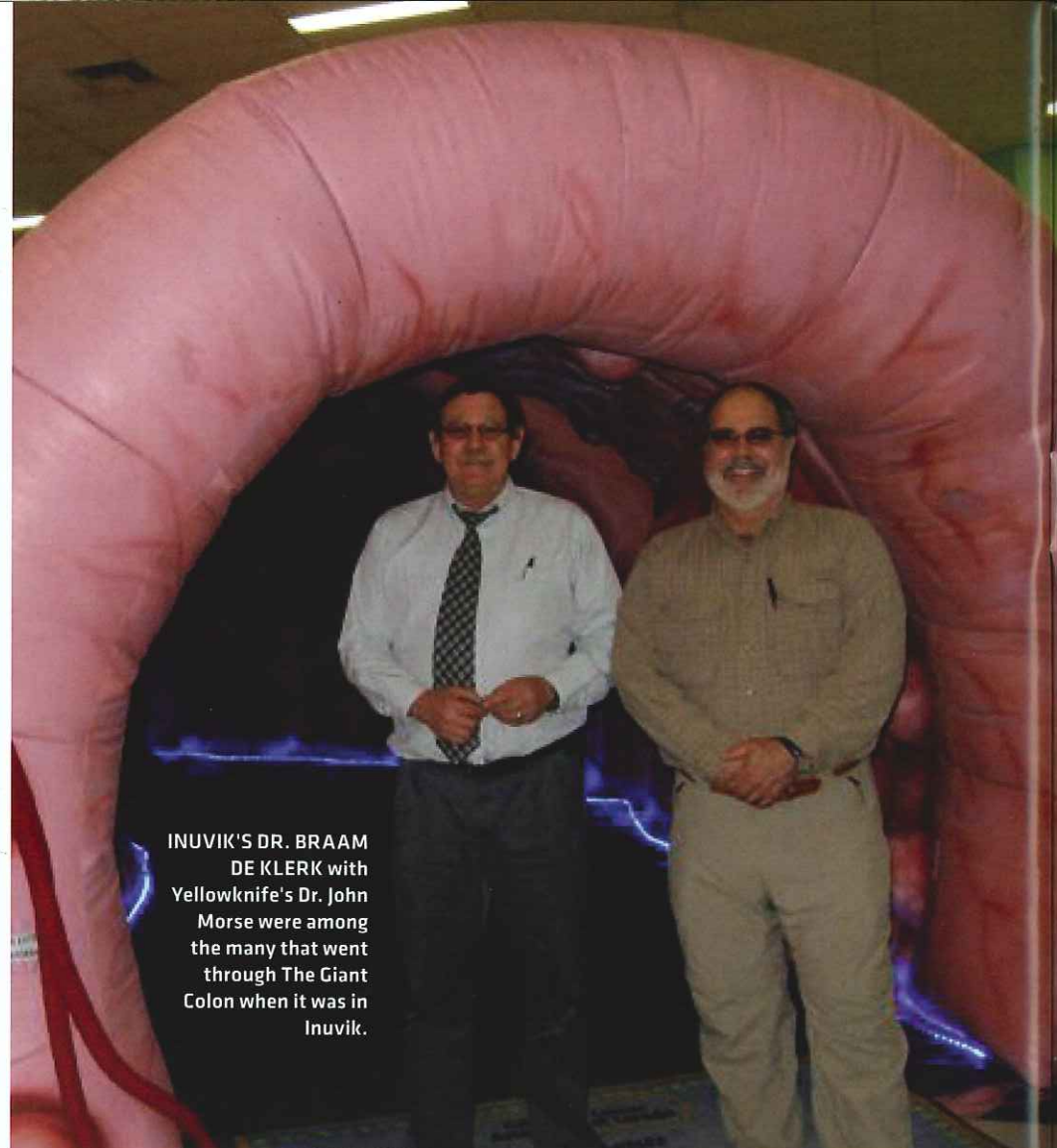
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