COLORECTAL CANCER
with the Masonic Cancer Center

RISK FACTORS
- Older age
- Bowel diseases like Crohn's or ulcerative colitis
- Family history of colorectal cancer
- Obesity
- Smoking
- Alcohol consumption
- Eating lots of red meat and processed foods

SIGNS & SYMPTOMS
- Changes in bowel habits (more frequent diarrhea or constipation)
- Rectal bleeding or blood in stool
- Stomach pain and cramps
- Weakness or tiredness
- Losing weight without trying
- Low blood count (anemia)
SCREENING GUIDELINES

- Adults 45-75 years old should get checked with either:
  - A colonoscopy every 10 years
  - A stool test every 1-3 years
- Talk to your doctor about the best test for you

PREVENTION

- Eat lots of fruits and vegetables
- Reduce consumption of sugary drinks, red meats, and processed meats
- Maintain a healthy weight
- Limit alcohol use
- Exercise regularly
- Know your family history
- Stay up-to-date on your colon cancer screening

WE CAN HELP YOU:

- Find a cancer doctor
- Access clinical trial options or enrollment
- Get connected to services available at UMN hospitals and clinics
- Receive resources for patients, families, and caregivers

Call (612) 624-2620 or email ccinfo@umn.edu