

# COLORECTAL CANCER

## with the Masonic Cancer Center



MASONIC CANCER CENTER

UNIVERSITY OF MINNESOTA

## 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)**



**Weakness or  
tiredness**



**Rectal bleeding or  
blood in stool**



**Losing weight without  
trying**



**Stomach pain  
and cramps**



**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

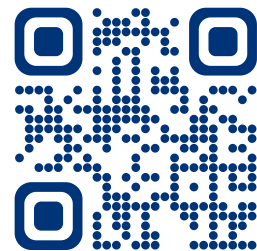
- Eat lots of fruits and vegetables
- Reduce consumption of sugary drinks, red meats, and processed meats
- Maintain a healthy weight
- Limit alcohol use
- Exercise regularly
- Know your family history
- Stay up-to-date on your colon cancer screening

## 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](mailto:ccinfo@umn.edu)**

*Scan for Community Outreach  
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