

Colorectal Cancer:

Prevention & Screening
Identify, Reduce, Prevent



What is colorectal cancer?

Colorectal cancer begins as small growths, known as polyps, in the lining of the large intestine. Over time, some polyps can change and become cancerous. Regular screenings can detect and remove these polyps before they become a serious threat.

What you should look out for?

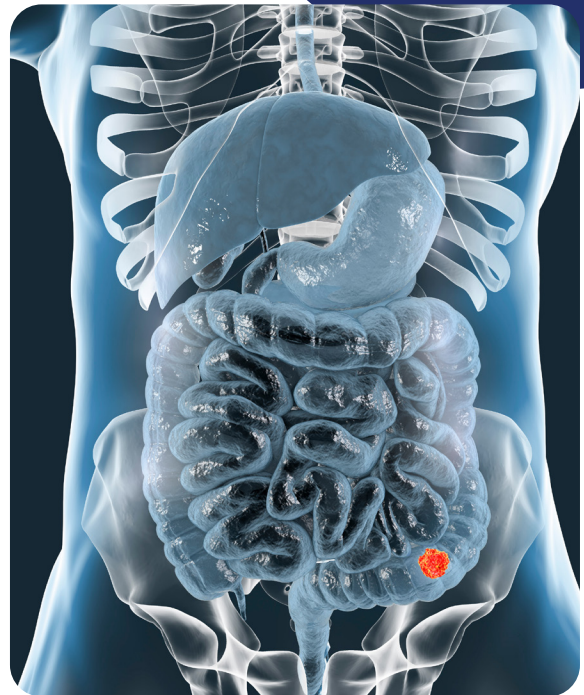
- Changes in your bowel habits
- Blood in or on your stool (bowel movement)
- Abdominal pain or cramps that don't go away
- Unexplained weight loss
- Fatigue or weakness
- Anemia (caused by losing blood in the stool)
- Feeling bloated

What you can do about it:

- Know your family's cancer history
- Eat a diet high in fiber
- Lower red and processed meat intake
- Avoid smoking
- Limited alcohol usage
- Exercise
- Be aware of your body and any symptoms
- Talk to your doctor about ways to improve your diet and lifestyle to prevent colon cancer
- Follow through with screening when your doctor recommends it

#2

Colorectal cancer is the 2nd leading cause of cancer death in both men and women and often has no symptoms.



GET SCREENED

To learn more, you can call, text, scan, or visit to get started today!

Text: "SCREEN" to 43386

Call: 833.727.3665

Visit: go.rutgers.edu/PreventCRC

Scan:



Sources:
<https://seer.cancer.gov/statfacts/html/colorect.html>
<https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html>
<https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/prevention.html>



Rev. 08.29.2024