

When should screening start?

Those with average risk and no family history should begin screening at the age of 50. A family history of polyps or colon cancer means screening should start ten years before a loved one was diagnosed or a polyp was found.

Can colorectal cancer be prevented?

Talk to your primary care provider about ways to improve your diet and lifestyle to prevent colon cancer and about scheduling preventive screenings when necessary. Pre-cancerous polyps can be removed before they become cancer, preventing the disease.

Other preventive measures:

- Know your family's cancer history
- Eat a diet high in fiber
- Exercise
- Be aware of your body and any symptoms
- Stay up-to-date on your colon cancer screening

Louisiana has the third highest incidence and fourth highest death (mortality) rate of colorectal cancer in the U.S.

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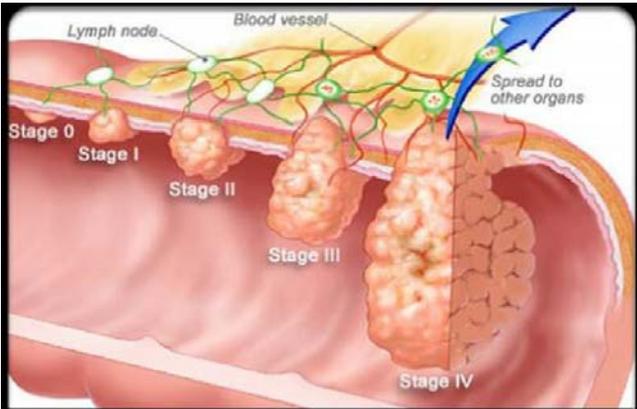
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WHAT IS COLORECTAL CANCER?

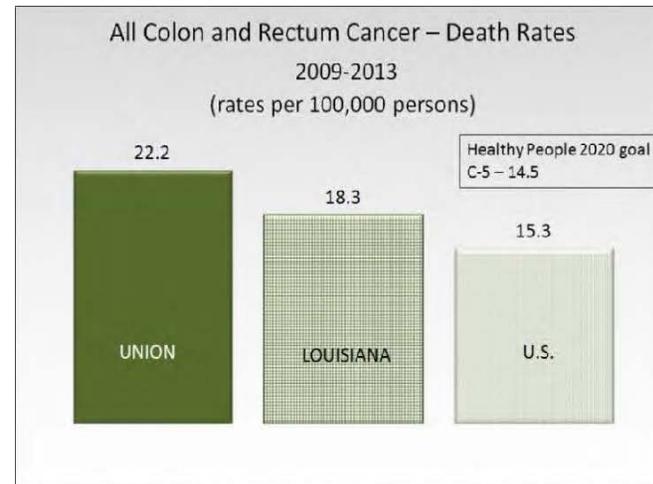


Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called *colon cancer*, for short. As the drawing shows, the colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. Sometimes abnormal growths, called *polyps*, form in the colon or rectum. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure.

Your risk of getting colorectal cancer increases as you get older. More than 90% of cases occur in people who are 50 years old or older.

The death rate in **Union Parish** from colon and rectum cancer was higher than the State and U.S. rates for the years 2009-2013. The Union Parish 2009-2013 the colon and rectum cancer death rate has increased over the 2003- 2007 rate (13.3) included in the 2012 Community Health Needs Assessment. The State and U.S. rates for Colon and rectum deaths have decreased since that time.

The White female and male colon and rectum cancer incidence rate was higher in Union Parish than in the State. The Louisiana Black population had higher incidence of colon cancer than that of Whites. Risk Factors Colon and rectum cancer risks increase with age.



Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2013 on CDC WONDER Online Database. January 28, 2015

HOW DOES COLORECTAL CANCER START?

Most start as benign polyps, or growths, on the lining of the colon. Polyps often produce no symptoms and many become cancerous over time.

Some hereditary conditions exist where cancer develops without polyps. Be sure to learn your family's health and cancer history.

WHO GETS COLORECTAL CANCER?

Colon cancer affects men and women equally, all age groups and nationalities but there are some risk factors for the disease, including:

- Aging: the risk for polyps increase as we age, especially over the age of 50
- A family history of polyps or of colon cancer
- Obesity
- Smoking
- A high fat diet
- Alcohol consumption