

Who's at Risk?

- ▶ Men and women over age 50
- ▶ Anyone with a family history of colorectal polyps or cancer
- ▶ Anyone who is physically inactive
- ▶ People who are obese
- ▶ People who have a personal history of inflammatory bowel disease
- ▶ Females who drink more than one alcoholic drink a day or males who drink more than two alcoholic drinks a day
- ▶ Smokers
- ▶ Anyone who has a diet high in fat and low in fiber



How to Reduce Your Risk

Early detection decreases your risk of colorectal cancer. Regardless of your age, you should do the following to reduce your colorectal cancer risk:

- ▶ Start colorectal cancer screenings at age 50
- ▶ Eat a diet high in fiber and low in fat
- ▶ Lose excess weight
- ▶ Quit smoking
- ▶ Exercise regularly

Free Colorectal Cancer Information Kit

Call the Learn To Live Line at **410-222-7979** and ask for a free Colorectal Cancer Information Kit, or order online at www.aahealth.org. Click on Learn To Live, then Colorectal Cancer.

The Learn To Live program also offers free information on making healthy lifestyle choices, such as eating a healthy diet and quitting smoking.

The services and facilities of the Anne Arundel County Department of Health are available to all without regard to race, color, religion, political affiliation or opinion, national origin, age, sex, sexual orientation or disability.

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Learn To Live

Healthy Living From The Anne Arundel County Department Of Health

aahealth.org ❖ learn to live ❖ request free materials

Prevent Colorectal Cancer

**Before It Starts.
Get Screened.**



Learn To Live

Healthy Living From The Anne Arundel County Department Of Health

aahealth.org ❖ learn to live ❖ colorectal cancer

Colorectal Cancer is cancer of the colon (large intestine) or rectum. A polyp, which is a small growth of tissue, can form in these areas of the digestive system. A polyp can change over time and turn into cancer.

Screening Is the Key!

Screenings for colorectal cancer could save your life by finding polyps and removing them before they grow into cancer. They can also identify early stages of cancer.

Screening Guidelines

At age 50, begin regular colorectal cancer screenings. Speak with your doctor about starting screenings earlier if you have several risk factors. Depending on a person's level of risk, a screening test may only be needed once every 10 years.

The Department of Health recommends a colonoscopy for most adults starting at age 50. A number of other tests are available. Talk with your doctor about which test is best for you.

For more information about colorectal cancer screening, visit www.aahealth.org or call the Learn To Live Line at **410-222-7979**.

What Are the Symptoms?

Colorectal cancer usually has no symptoms early on, when treatment is most successful. That's why screenings are so important. However, if you have any of the following symptoms, see your doctor:

- ▶ Blood in the stool
- ▶ A change in your bowel habits
- ▶ General stomach discomfort
- ▶ Frequent gas or stomach pain
- ▶ A feeling that your bowel doesn't empty completely
- ▶ Unexplained weight loss
- ▶ Weakness and tiredness



GET A FREE SCREENING

LifeScreen is the Department of Health's Colorectal Cancer Screening Program that provides free colonoscopies. Screenings are available to Anne Arundel County residents who are:

- ▶ Between the ages of 50-64
- ▶ Uninsured ▶ Income eligible

Visit www.aahealth.org or call the Learn To Live Line at **410-222-7979**.

LifeScreen

COLORECTAL CANCER PROGRAM