

■ What is Colorectal Cancer?

Colorectal cancer is a disease that occurs in the colon (large intestine or large bowel) or rectum (the passageway that connects the colon to the anus). A polyp, which is a small abnormal growth of tissue, can form in these areas of the digestive system. A polyp is not cancer, but it can change over time and turn into cancer. Colorectal cancer screenings can find precancerous polyps so that they can be removed before turning into cancer. Screening can also identify cancer when it is in its early stages and treatment is most successful.

■ Screening Recommendations

Colorectal cancer is most often found in people 50 years of age or older. If you are age 50 or older, talk with your doctor about colorectal cancer screening. Your doctor may start screenings earlier based on your risk factors. Screenings can find and remove polyps, thus decreasing your risk for developing colorectal cancer. The Department of Health recommends a colonoscopy as the best screening method. A number of other screening and diagnostic tests are available. Talk with your doctor to determine which type is best for you.



For more information and resources, visit AAHealth.org/colorectal-cancer

