

WHO SHOULD BE SCREENED?

- All people 50 years of age or older
- Persons with a personal or family history of colorectal cancer, polyps, or inflammatory bowel disease, regardless of age
- Persons with gastrointestinal symptoms, regardless of age
Symptoms can include:
 - Change in bowel habits, for example: prolonged diarrhea or constipation
 - Blood in the stool
 - Narrowing of the stool
 - General abdominal discomfort
 - Unexplained weight loss
 - Chronic fatigue
- **Always remember that in many cases there are no symptoms for colorectal cancer.**

FOR MORE INFORMATION ON LOW-COST SCREENING ALTERNATIVES

The National Alliance for Hispanic Health

National Hispanic Family Health Helpline
1-866-783-2645/1-866-SU-FAMILIA (toll free)
English and Spanish spoken
www.hispanichealth.org

Centers for Disease Control and Prevention (CDC)

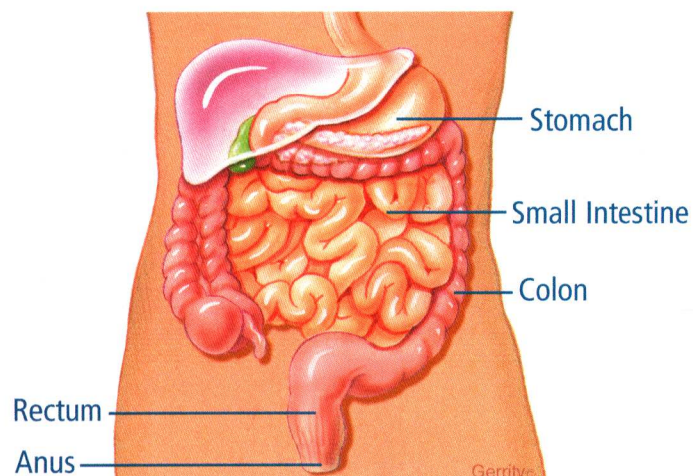
1-800-311-3435 (toll free)
English and Spanish spoken
www.cdc.gov/cancer/screenforlife

Local Resource:

Talk
about
Colorectal
Cancer
with
your
Health care
Provider.

WHAT IS COLORECTAL CANCER?

- Colorectal cancer is an abnormal growth of cells in the colon or rectum.
- Colorectal cancer usually begins in the form of a polyp.
- Polyps are small growths in the colon that over time can turn into cancerous tumors, or colorectal cancer.



WHY SCREENING IS IMPORTANT FOR HISPANICS

- Colorectal cancer is a leading cause of cancer-related deaths among all people, including Hispanics.
- As Hispanics, we sometimes avoid discussing bodily functions and parts of the body like the colon and rectum, because of modesty or embarrassment.
- Don't be embarrassed — talk to your health care provider about screening for colorectal cancer.

"The most important thing a person can do to protect themselves from colorectal cancer is to get screened for this disease!"

Monica — Los Angeles, CA

"It's just that there is no reason to be embarrassed to talk with your doctor about this."

Luis — Miami, FL

HOW TO SCREEN FOR COLORECTAL CANCER

- The first step — talk to your health care provider (doctor/nurse) to decide on the right kind of screening for you.
- There are four common screening methods to detect colorectal cancer. (The Digital Rectal Exam is no longer used by itself to detect this disease.) The exams to detect polyps or cancerous growths in the colon and rectum are:
 - **Fecal Occult Blood Test (FOBT)** – This test looks for blood in the stool which can indicate the presence of growths in the colon or rectum.
 - **Colonoscopy** – This test uses a tube to examine the interior walls of the entire colon and rectum for growths.
 - **Sigmoidoscopy** – This test also uses a tube to examine the interior walls of the colon and rectum, but only examines the lower portion of the colon.
 - **Double Contrast Barium Enema** – This test uses x-rays to examine the colon and rectum for growths.
- If a polyp or growth is found during screening, it can be removed or biopsied and often prevent colorectal cancer before it develops.