

**LEARN ABOUT**

# COLORECTAL CANCER



**This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.**

## **What is Colorectal Cancer**

- Cancer happens when cells grow too fast and don't stop
- When it starts in the colon or rectum, it's called colorectal cancer
- Small lumps called polyps can form, and some may turn into cancer

## **Sign and Symptoms**

- You may not notice symptoms at first
- Polyps or colorectal cancer can develop without warning
- Possible signs include bathroom changes, blood in stool, stomach pain, or unexplained weight loss
- See a doctor if you have any of these symptoms

## **Things That Can Raise Your Risk**

You may have a higher chance of getting colorectal cancer if you have:

- Inflammatory bowel disease like Crohn's disease or ulcerative colitis
- A family history of colorectal cancer or polyps
- A genetic condition like Lynch syndrome

## **Ways to Lower Your Risk**

You can help protect yourself by:

- Being active and moving your body more
- Keeping a healthy weight
- Eating healthy foods, like fruits, vegetables, and whole grains
- Eating less fatty meat
- Not smoking
- Limiting alcohol