

ColoRecord

Your Personal Guide to the
GM Colorectal Screening Program



Use this ColoRecord and take:
"THE NEXT STEP"

NAME _____

Please Use This ColoRecord To:

- ✓ Learn why screening makes sense for you.
- ✓ Prepare for your screening exams.
- ✓ Schedule your screening exams.
- ✓ Keep a record of your screening exam results.
- ✓ Plan for future screening.
- ✓ Learn how to eat less fat and more fiber.

FACTS ABOUT COLORECTAL CANCER

1. **Colorectal cancer** is the third most common cancer among men in the United States.
2. **Colorectal cancer** is the third leading cause of cancer related deaths among men in the United States.
3. **Age:** The incidence of colorectal cancer increases slowly after adolescence and rises sharply after age 40.
4. **Type of Job:** A two-to threefold increased risk of colorectal cancer mortality has been reported among pattern and model makers in the automobile industry.
5. **Polyps:** Evidence strongly suggests a majority of colorectal cancers arise from growths called adenomatous polyps (polyps with cells that are rapidly and erratically dividing). The risk of colorectal cancer increases as the number and size of adenomas increase.
6. **Family History:** A person who has a parent, brother, or sister with colorectal cancer has approximately a 12 percent lifetime risk for developing colorectal cancer.
7. **Symptoms:** Persons who have any of the following symptoms should not wait to go through screening - they should contact a physician for evaluation:
 - ◆ Black, tarry stools
 - ◆ Bleeding from the rectum
 - ◆ Narrowing of stool (pencil-like)
 - ◆ Diarrhea or constipation for more than one month

WHY DOES SCREENING MAKE SENSE?

- ◆ The presence of colorectal cancer and polyps is NOT usually signalled by symptoms.
- ◆ By the time symptoms are recognized, disease often has advanced to a late stage.
- ◆ Screening (i.e. stool blood testing, digital rectal exam, sigmoidoscopy) can detect colorectal cancer and polyps before any symptoms appear.
- ◆ Early-stage colorectal cancer is curable.
- ◆ About 74% of those diagnosed with early stage cancer will be survivors 10 years later compared with only 36% of those diagnosed with late stage disease.