



# **Colorectal Cancer Education, Screening and Prevention Program (CCESP):** *Empowering Communities for Life*

Coming Together to Fight Cancer

# Empowering Communities for Life

- Help communities prevent colorectal cancer
  - Information about risk factors and screening
  - FOBT card
- Help communities prevent cardiovascular disease
  - Information on cardiovascular disease
  - Blood pressure log

# So...What is this meeting about?

- Empowering yourself to be healthy
- Learning about cancer and cancer prevention
- Learning how to screen for colorectal cancer

**Death**

**Surgery  
causes cancer**

**What have you heard  
about cancer?**

**Spreads if  
exposed to air**

**Don't want  
to know**

# Facts

- If found early cancer is not a death sentence
- Surgery does not cause cancer
- Air hitting the cancer does not cause it to spread
- Screening can save your life and the lives of those you care about

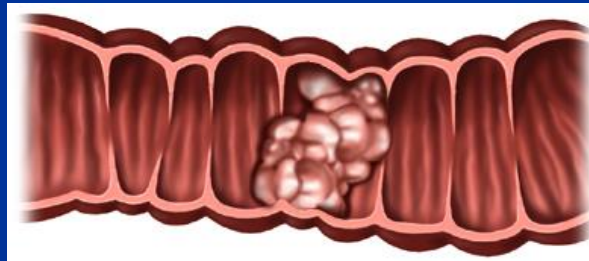
# What is Normal?

In a healthy body:

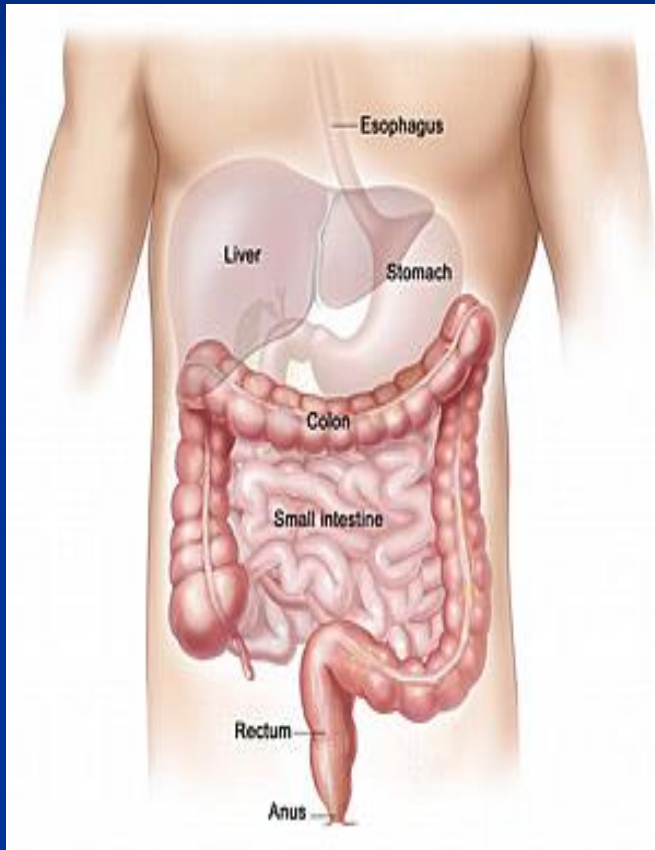
- Normal cells divide to form new cells as the body needs them
- Old cells die and new cells take their place

# What is Cancer?

- Cancer begins in cells that make up tissues and organs in the body
- Sometimes new cells form when the body does not need them
- Old cells do not die when they should
- Extra cells that the body doesn't need can form a clump of tissue called a tumor



# What is Colorectal Cancer?



- Colorectal cancer is a malignant tumor that grows in the colon or rectum
- In most cases the tumor starts as a small clump of cells called a polyp
- The type of polyp that leads to colorectal cancer is called an adenoma

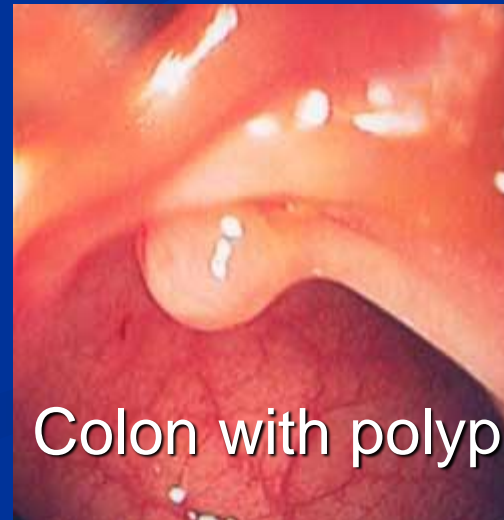


# Polyps

- Most polyps are not harmful (hyperplastic)
- Some polyps can turn into cancer (adenomas)
- Biopsy usually needed to determine type



Healthy colon



Colon with polyp

# Risk Factors

- Being at least 50 years of age
- Eating foods high in fat and low in fiber
- Using cigarettes and other tobacco
- Having inflammatory bowel disease



# Risk Factors

- Having adenomatous polyps in the colon
- Having diabetes
- Drinking alcohol (more than 2 drinks a day)
- Personal history of colorectal cancer
- Family history of colorectal cancer (parent, brother, sister, or child)





# Who gets Colorectal Cancer?



# Who gets Colorectal Cancer?

*ANYONE can get Colorectal Cancer*

- People who have one or more risk factors are more likely than others to get colorectal cancer



# Symptoms of Colorectal Cancer

- People who have polyps or colorectal cancer do not always have symptoms, especially at first
- Someone here could have polyps and not know it



# Symptoms of Colorectal Cancer

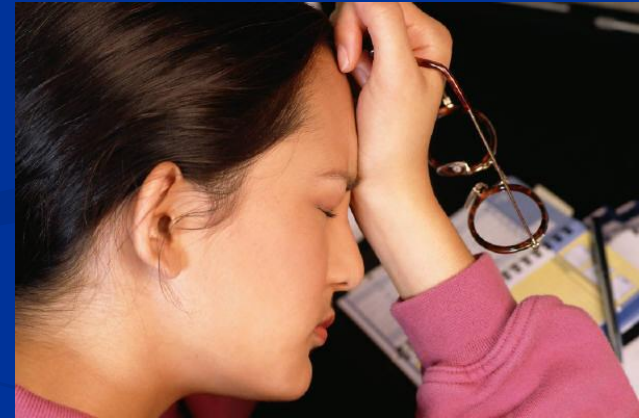
- Diarrhea or constipation
- Blood in your stool
- Stools narrower than usual
- Nausea or vomiting





# Symptoms of Colorectal Cancer

- Frequent gas pains or cramps
- Weight loss with no known reason
- Feeling very tired all the time

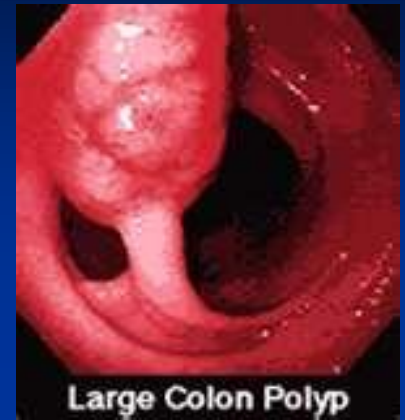




# Symptoms of Colorectal Cancer

- Remember you may NOT have any symptoms
- Screening saves lives

# How can screening save your life?



- People who are screened regularly are less likely to get colorectal cancer
  - Screening can find polyps, which can be removed before they turn into cancer
  - Screening tests can find colorectal cancer early when the chances of being cured are higher

# Screening Recommendations

- Everyone who is 50 years of age or older should be screened using one of the recommended tests
- People with one or more risk factors should talk to their doctor about screening at a younger age and screening more frequently
- People who have symptoms should speak with their doctor about getting screened, regardless of their age

# Screening Tests

- Fecal occult blood test (FOBT) every year
- Flexible sigmoidoscopy every 5 years
- Colonoscopy every 10 years
- Double contrast barium enema every 5 years

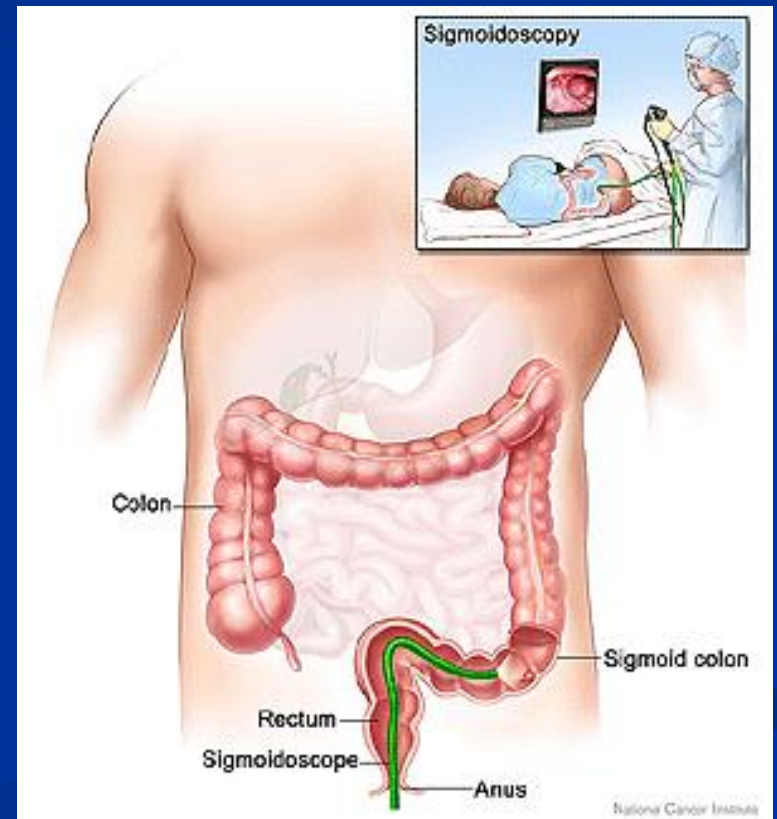
# Stool Test/Fecal Occult Blood Test (FOBT)

- Sometimes polyps or tumors bleed
- This test checks for small amounts of blood in the stool
- You place stool samples on test cards and mail them to a laboratory or to your doctor's office
- This test should be done every year
- Preparation is minimal



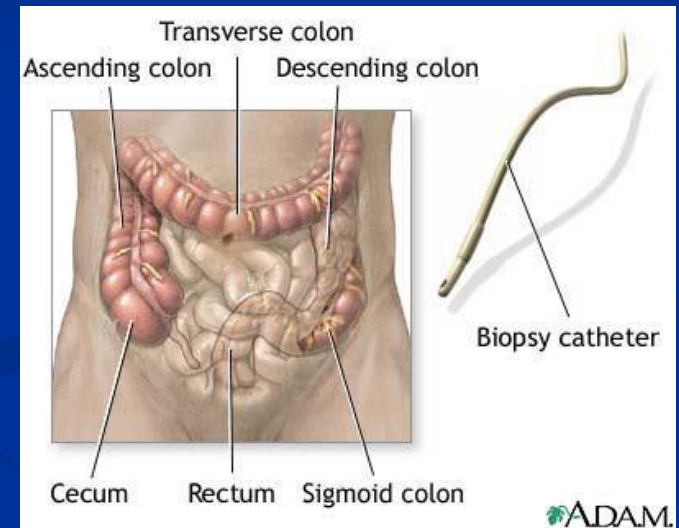
# Flexible Sigmoidoscopy (Flex-Sig)

- Your doctor uses a short, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and lower third of the colon
- This test should be done every 5 years if normal
- Preparation is required to clean the lower colon



# Colonoscopy

- Your doctor uses a long flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. The doctor can find and remove most polyps and some cancers
- This test should be done every 10 years if normal
- Moderate preparation required for two days before procedure



# Double Contrast Barium Enema

- You are given an enema with a liquid called barium and the doctor takes an x-ray
- The barium lets the doctor see the outline of your colon and check for polyps or cancer
- This test should be done every 5 years
- Colon preparation is required





# Using the FOBT test kit

- On EACH card use a pen to write:
  - Date sample was collected
  - Primary Care Physician
    - Your Primary Care Physician

## IMPORTANT

- Only use one card at a time

# Mailing the FOBT test kit

- Place completed FOBT kit inside of white envelope.
- Place the white envelope inside of the brown business reply envelope.
- Place in the mail.
- No return address or postage required when mailing FOBT kit.

# Do's and Don'ts of FOBT

- Do **NOT** use the FOBT Kit if:
  - Blood is visible in your stool
  - Blood is visible in your urine
  - You have active hemorrhoids
  - You are menstruating
  - You have a urinary tract infection



# Do's and Don'ts of FOBT

- 7 Days before testing AND while testing DO NOT TAKE non-steroidal anti-inflammatory drugs
  - Ibuprofen (Motrin)
  - Naproxen (Aleve)
  - Aspirin
  - Vitamin C supplements
- Talk with your doctor if you are taking Coumadin (Warfarin) or Plavix
- 3 Days before AND while testing DO NOT EAT **red** meat
  - Beef
  - Lamb
  - Liver
  - Wild Game



# Storing Your Cards



NO moisture  
proof materials



NO refrigeration



NO chemicals  
(Iodine, Ammonia,  
Bleach, Household  
cleaners)



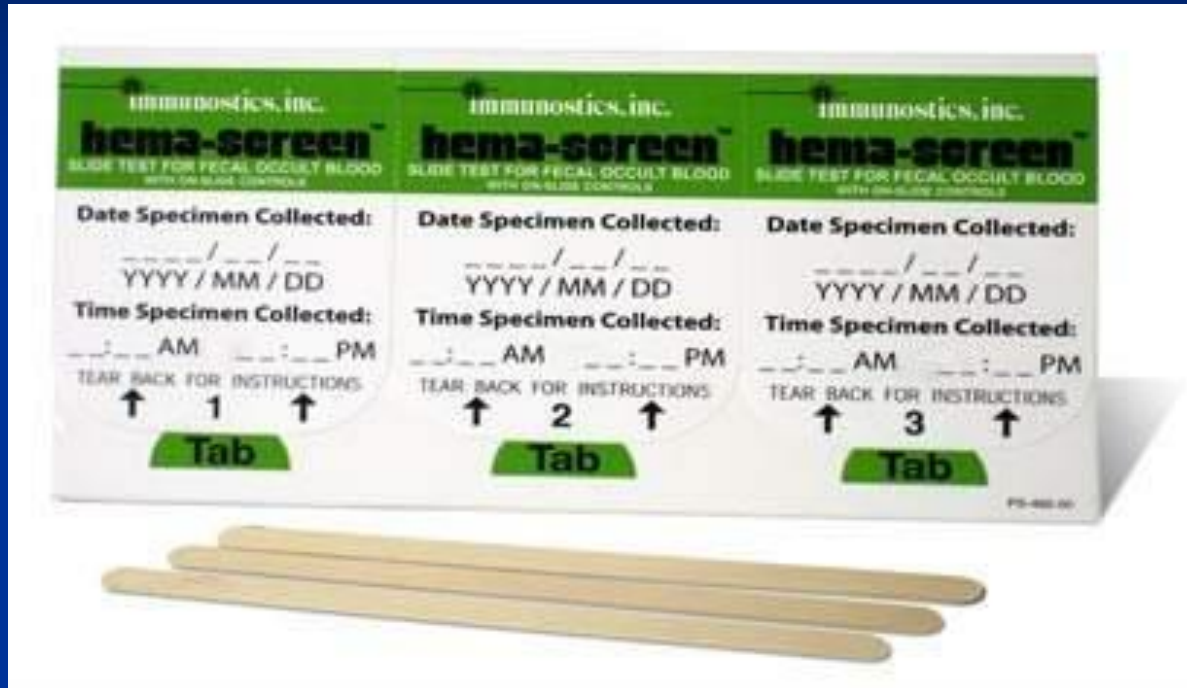
NO sunlight

# Questions?

Please contact us if you have any questions

Contact info

# LET'S BE HEALTHIER!!!



## THANKS FOR YOUR PARTICIPATION

# Questions?

