

# COLORECTAL CANCER:

## *You Can Prevent It*

PHYSICIANS FROM THE AMERICAN COLLEGE OF GASTROENTEROLOGY want you to know that screening Colonoscopy can find growths in the colon called polyps so they can be removed before they turn into Colorectal Cancer.

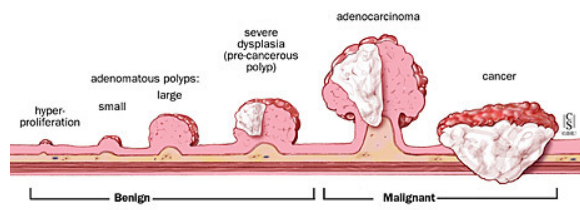
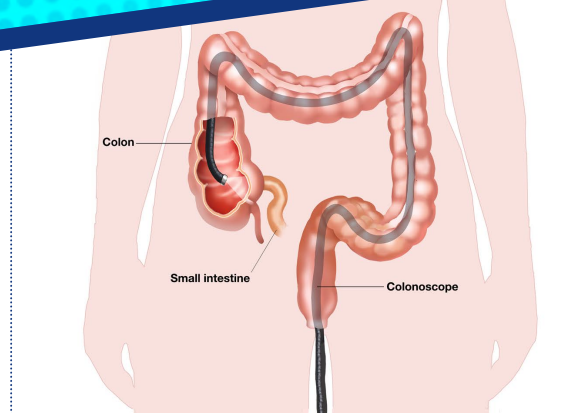


Figure 1. Progression from colorectal polyp to cancer. Not all polyps become cancer, but all cancer starts in a polyp. Image credit: Thrumurthy et al., BMJ, 2016

### About COLON POLYPS

- A polyp is a small clump of cells on the lining of the colon. Most colon polyps are harmless. Some colon polyps can develop into colorectal cancer, often fatal when found in its later stages.
- Not all polyps turn into cancer, but all cancers start as polyps.
- Because colon polyps do not usually cause symptoms, it is important to have regular colorectal screenings such as colonoscopy.
- Remember: screening by colonoscopy with polyp removal prevents Colorectal Cancer before it can start.



### 45 IS THE NEW 50

**AGE 45** is now recommended as the time to start screening for colorectal cancer among all average risk adults according to the American College of Gastroenterology.

### An Important CHANGE

- This is an important change from earlier guidelines that used to recommend starting at age 50 for most people and age 45 for African Americans only. Now “45 is the new 50” to start screening for **everyone** at average risk for colorectal cancer.

### Never Ignore NEW OR WORRYING SYMPTOMS

- Reach out to your health care providers if regardless of your age you have any new or worrying symptoms such as blood in the stool, a change in bowel habits, rectal or abdominal pain, or unexpected weight loss, unexplained or new anemia.



American College of Gastroenterology

