

March is Colon Cancer Awareness Month

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Unfortunately, it
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in the U.S.

- Colon cancer screening should begin at age 50.
- African Americans should begin screening at the age of 45.
- People with personal or family history of colon cancer, inflammatory bowel disease, or are experiencing symptoms, are considered "high risk" and should begin screening before age 50.

For more information:
www.HCCTakesGuts.org
&
www.CCAlliance.org



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Signs of Colon Cancer

- A change in your bowel movements, including diarrhea or constipation, that lasts more than a few days
- Bleeding during bowel movements
- Dark stool or blood in your stool
- Abdominal (gut) discomfort, such as cramps, gas, or pain, that lasts more than a few days
- A feeling that, when you need to go, you can't or you can't seem to empty it all
- Stools that are more narrow than usual
- Weakness or feeling very tired
- Unexplained weight loss

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