



Myths and Facts

About Colorectal Cancer

1.

Myth: Colorectal Cancer can't be prevented.

Facts: While colorectal cancer is the second leading cause of death among men and women, you can prevent it with early detection and screening.

2.

Myth: Only men can get colorectal cancer.

Facts: Colorectal cancer is almost as common among women as men. Each year in the US, about 71,000 men and 64,000 women are diagnosed with colorectal cancer.

3.

Myth: Colorectal cancer only affects the elderly.

Facts: Not true. While age is a risk factor for colon cancer, regular screenings should be started around 50 years old, depending on your other risk factors. See your provider for more information.

4.

Myth: If I don't have symptoms, then I must not have colon cancer.

Facts: Colorectal cancer doesn't always present symptoms right away. Common symptoms include a change in bowel habits, blood in the stool, constipation, fatigue, weight loss.

5.

Myth: My diet can't affect whether or not I have colorectal cancer.

Facts: Diets that include lots of vegetables, fruits, and whole grains have been linked with a decreased risk of colorectal cancer.

Visit www.gptlhb.org for more information.