



H.E.A.R.T BEAT NEWS

**POLKVILLE BAPTIST
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Jeremiah 33:6
I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.

MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH: GET SMART/ GET CHECKED

COLON CANCER
Colon cancer is cancer that starts in the large intestine (colon) or the rectum (end of the colon). Colorectal cancer is the third most common cancer found in men and women. According to the American Cancer Society, colorectal cancer is one of the leading causes of cancer-related deaths in the United States. However, early diagnosis often leads to a complete cure.

- High Risk Factors**
1. Cancer elsewhere in the body
 2. Colorectal polyps
 3. Crohn's disease
 4. Family history of colon cancer
 5. Ulcerative colitis
 6. Certain genetic syndromes
 7. Eating poorly (high-fat, low-fiber and diets high in red meat)
 8. Smoking cigarettes

- Exams and Tests**
- With proper screening , colon cancer can be detected **BEFORE** symptoms develop, when it is most curable. These include:
1. Yearly physical exam
 2. Complete blood count to test for anemia or low iron level.
 3. A fecal occult blood test
 4. Colonoscopy after the age of 50, or earlier if there are risk factors.

KNOW COLON CANCER WARNING SIGNS

- Many cases of colon cancer have no symptoms. The following symptoms, however, may indicate colon cancer:**
1. Abdominal pain and tenderness in the lower abdomen
 2. Blood in the stool, or black tarry stools
 3. Diarrhea, constipation, or other change in bowel habits
 4. Intestinal obstruction
 5. Narrow stools
 6. Unexplained anemia
 7. Weight loss with no known reason

For more information visit the following websites:
Prevent Cancer Foundation
<http://www.preventcancer.org/>
American Cancer Society
<http://www.cancer.org/>

