



MARVIN ARRIVILLAGA

STAGE IV

Diagnosed at age 36
Passed away at age 39

Colon Cancer: Age is not a factor.

1 in **7** of those diagnosed
are under the age of 50.



Colorectal cancer is the 3rd leading
cause of cancer death in young adults.

Young-onset patients are more likely
to be diagnosed with stage III or IV.

Misdiagnosis often delays
treatments in young adults.



WHAT CAN YOU DO?

Know your risk factors. A family history of colon cancer or polyps and some medical conditions including Crohn's, colitis, or inflammatory bowel disease means you should be screened before 50.

Be an advocate for your health. Pay attention to changes in your body and any symptoms you experience. Talk to your doctor. Seek a second opinion if needed.

Colorectal cancer symptoms include:



Blood in your stool



Unexplained weight loss



Change in bathroom habits



Persistent cramps or low back pain



Fatigue



Feeling bloated

Reduce your risk. Maintain a healthy body weight. Get regular physical activity. Limit alcohol consumption. Reduce your intake of red and processed meats. Don't smoke.