

COLON CANCER: Age is not a factor.

1 IN 5

**COLON CANCER PATIENTS
ARE DIAGNOSED UNDER 54.**

JENNA DETKO
colon cancer survivor
Diagnosed at 31



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 45.

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



Change in bathroom habits



Fatigue



Anemia



Unexplained weight loss



Persistent cramps or low back pain



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.