

"Dealing with
a colonoscopy
is easier
than dealing
with cancer."

Anna Dahlgren

colorectal cancer survivor
diagnosed at age 33



Early diagnosis is the key to surviving colon cancer.

Get screened for colon cancer if you are 45 and older, or:

- Are experiencing symptoms
- Have chronic gastrointestinal issues
- Have a family history of polyps, colon cancer, or a genetic condition, like Lynch syndrome

There are several ways to screen for colon cancer. Talk to your doctor to find the best test for you.

- Colonoscopy
- Virtual colonoscopy
- Sigmoidoscopy
- Take home stool testing (DNA, FOBT, FIT)

Signs and Symptoms:



Blood in your stool



Change in bathroom habits



Fatigue



Anemia



Unexplained weight loss



Persistent cramps or low back pain



Feeling bloated