Colon cancer is the second leading cause of cancer death for American Indian and Alaska Native people. Talk to your doctor about when you should start screening.

Alan Natachu (Zuni & Laguna)  
colorectal cancer survivor
SCREENING IS THE MOST EFFECTIVE WAY TO PREVENT COLON CANCER IN INDIAN COUNTRY.

What is colon cancer?
Colon cancer is a disease in the colon, or large intestine. The colon is responsible for removing fluid and nutrients from the food you eat, then pushing the waste into the rectum, where it can be expelled from the body.

Rectal cancer is a disease that starts in the rectum. The term colorectal cancer includes disease that starts in either location.

The screening is the same for both: either a stool-based test or visual screening (colonoscopy).

Screening
Screening for average risk people should begin at age 45.

Those with a family history of polyps, colon, or rectal cancer should start 10 years prior to a loved one being diagnosed, or having a polyp found.

Talk to your health care provider about your family health history and any digestive symptoms you are experiencing.

Native men and women ages 45-75 should speak with their doctor about when screening is right for them.

1 IN 23 PEOPLE DEVELOP COLON CANCER

ColonCancerCoalition.org AmericanIndianCancer.org