

AGE IS NOT A FACTOR.

By 2030,
colon cancer is
projected to be the
**#1 CAUSE OF
CANCER DEATH**
for adults under 50.

ANGEL

Diagnosed stage IV at 29
Passed away at 32



WHAT CAN YOU DO?

Know your risk factors. A family history of colon cancer or polyps and some medical conditions including Crohn's disease or ulcerative colitis 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.