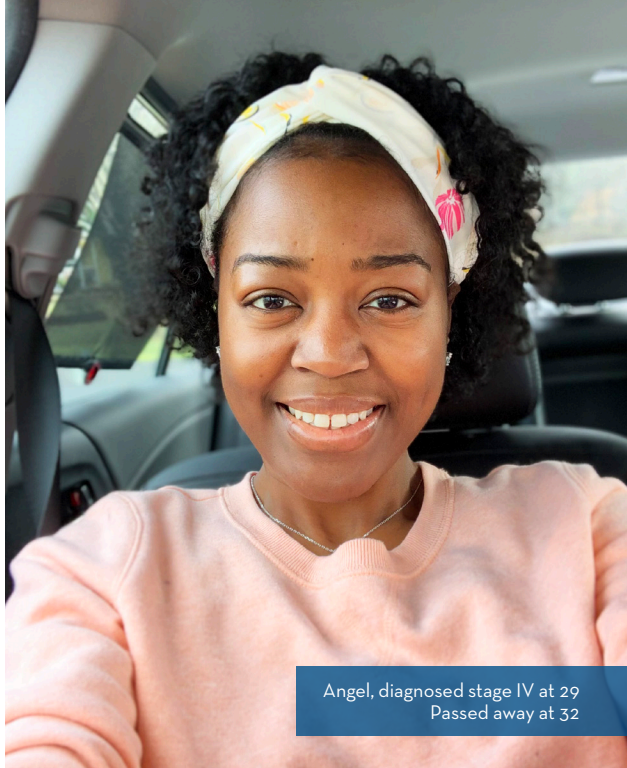


AGE IS NOT A FACTOR.

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 age 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
-  Unexplained weight loss
-  Change in bathroom habits
-  Persistent cramps or low back pain
-  Fatigue
-  Feeling bloated
-  Anemia
-  No symptoms

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.

Billy, diagnosed stage IV at 34
Passed away at 35



ColonCancerCoalition.org

