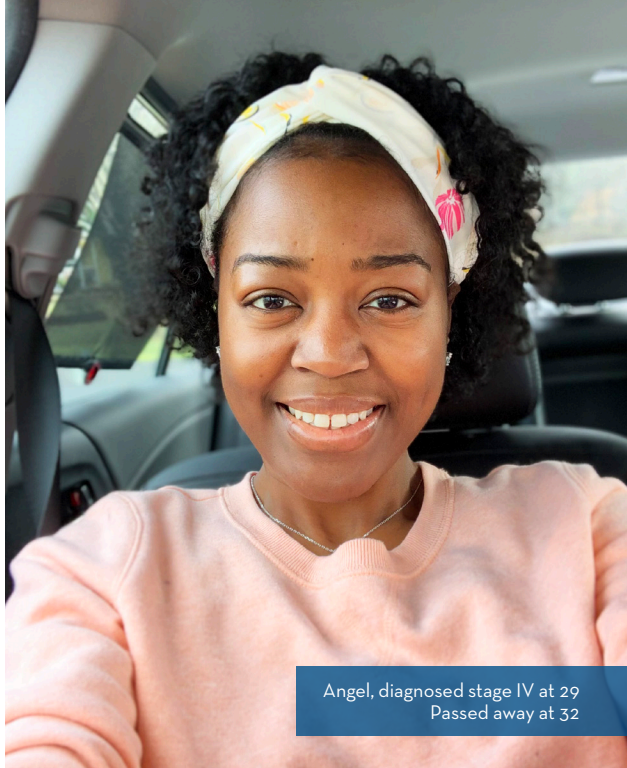


# AGE IS NOT A FACTOR.

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](https://www.ColonCancerCoalition.org)

