

ABOUT
**COLORECTAL
CANCER**

Colorectal cancer refers to both rectal and colon cancers. It is the second leading cause of cancer death in men and women combined in the United States.

147,950

There were an estimated 147,950 new cases of colorectal cancer in 2020.



1 in 20 people will be diagnosed with colorectal cancer.



1 in 3 people are not up-to-date with colorectal cancer screening.



25% of people diagnosed with colorectal cancer have a family history.

GET SCREENED TODAY!

Statistic Sources: National Cancer Institute, Center for Disease Control and Prevention, American Cancer Society

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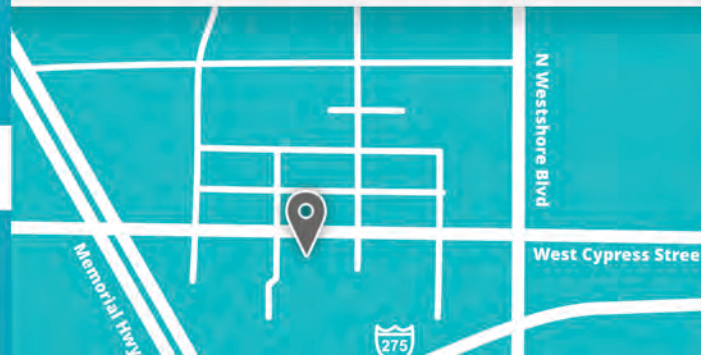


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COLORECTAL CANCER
Prevention

COLORECTAL CANCER PREVENTION

This year, 50,000 people will die from colorectal cancer. An estimated 60% of those deaths can be prevented with screenings. To learn more about the number of people diagnosed each year and whether that number is increasing, check out the facts and stats about colorectal cancer.

SCREENING



Colon and rectal cancer can be prevented. Colorectal cancer screening can also detect cancer early — when it is most curable. Routine screenings can prevent colorectal cancer. There are several screening options, including some you can even do at home. It's best to talk to your doctor about your options and decide which screening plan is right for you.

COLONOSCOPY PREP

If you're getting a colonoscopy, the prep is not optional. You must clean out your colon so the doctor can get a good look at the inside. It's one of the most dreaded steps of a colonoscopy, but it's also one of the most important. If you don't have a thorough prep, your colon may not be clear of stool, which means your doctor can't see the walls of the colon clearly. If this happens, you may need to repeat the procedure, both the prep and the colonoscopy. Don't let this happen to you!

POLYPS

Colorectal cancer often takes many years to grow, and nearly all cases of colon cancer and rectal cancer start off as a polyp. A colon polyp is a small growth found on the inside of the colon. As a polyp grows, it may become cancerous. Not all polyps will become cancer, but it is important to remove all of them to prevent the possibility. It's hard to know if you have polyps because they don't usually cause symptoms until they develop into cancer.

This is why screening is important. Screening for colorectal cancer = screening for polyps. Most polyps can be safely removed during a colonoscopy, thus removing the risk of the polyp growing into cancer.

RISKS



Anyone can get colorectal cancer (CRC). The lifetime risk for colorectal cancer is 5% or one in 20. Colorectal cancer affects both men and women, as well as people of all ages, races, and ethnicities. It is one of the only truly preventable cancers thanks to screening. Several factors may place you at a higher risk for getting colorectal cancer. Some of these risk factors are out of your control, and some are within your control.

Over 90% of people diagnosed with colorectal cancer are over age 50. As we age, we are more likely to grow colon polyps, which may undergo genetic changes that turn normal tissue into cancer. The older your age, the higher your risk of colon cancer. Most people you walk past every day are considered "average-risk" adults. All average-risk adults should talk to their doctors about colorectal cancer screening at age 45.

SYMPTOMS



Knowing the colorectal cancer symptoms may help you catch it as early as possible. Some early stages of colorectal cancer may not show any signs, which is why screening is so important. If you have any signs or symptoms of colorectal cancer, do not ignore them. You need to tell your doctor.

- ◆ Rectal bleeding, or blood in the stool
- ◆ Ongoing changes in bowel habits
- ◆ Stools that are narrower than usual
- ◆ Frequent gas pains, bloating, a feeling of fullness, or abdominal cramps
- ◆ Weight loss for no known reason
- ◆ Feeling very tired (weakness and fatigue)
- ◆ No symptoms

GET SCREENED TODAY!