



# REDUCE YOUR RISK OF Colorectal Cancer

Colorectal Cancer is Treatable, Beatable, & Preventable

## COLORECTAL CANCER (CRC) AT-A-GLANCE



#2 leading cause of cancer deaths among American Indian men and women in the U.S.

90% of new colorectal cancer cases occur in adults 50 or older

# 50



## 1 + MILLION

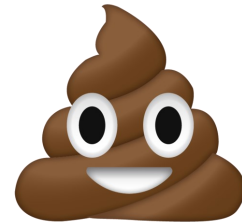
Colorectal Cancer Survivors in the U.S.

## COLORECTAL CANCER SYMPTOMS

(Many people experience no symptoms)



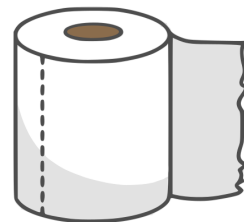
Blood in stool



Change in stool



Abdominal pain or discomfort



Constipation or diarrhea



Unintended weight loss



Weakness or fatigue

**Colorectal cancer often causes no symptoms. That's why receiving routine yearly screenings is so important.**

To learn more, visit [www.gptchb.org](http://www.gptchb.org) or visit us on social media.



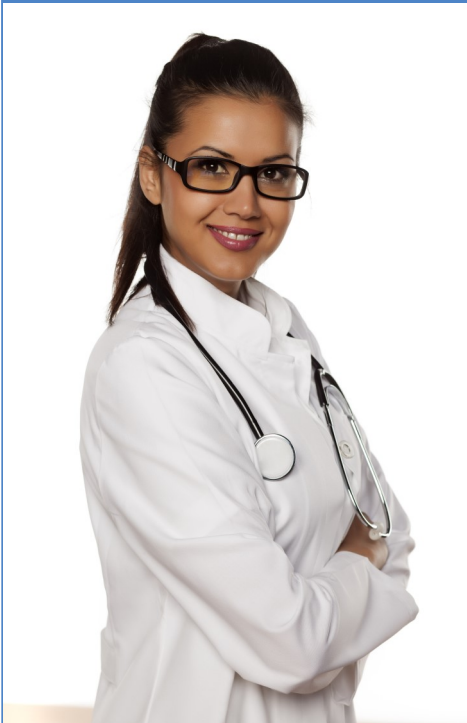


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“So that the people may live”

## COLORECTAL CANCER (CRC)

### FACTORS THAT CAN CAUSE COLORECTAL CANCER (Many people experience no symptoms)



Contact your medical provider to get your colorectal cancer screening done today!



**Obesity:** Obesity raises the risk of colorectal cancer in both men and women.



**Diet:** Processed foods, red meat and salt-preserved foods, can increase the risk of cancer.



**Physical Inactivity:** Being physically active reduces the risk of a variety of cancers and other diseases.



**Smoking:** Commercial tobacco use is linked to several cancers and diseases.



**Family History:** People with a history of colorectal cancer are at greater risk for colorectal cancer.

If you are 50 or older get screened today!

Great Plains Colorectal Cancer Screening Initiative

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