

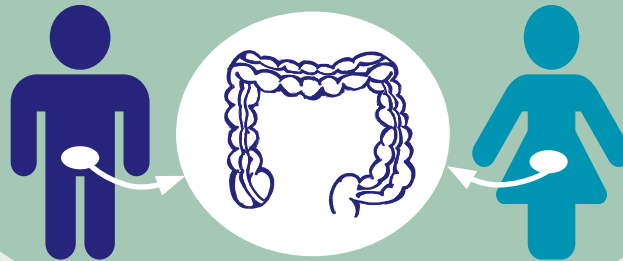
Colorectal Cancer

Top 3 in men and women

If diagnosed early it can increase your chances of survival.
KNOW THE RISKS

EARLY DETECTION IS KEY

Most colorectal cancers begin as a **POLYP**, a small growth of tissue that starts in the lining and grows into a centre of the colon or rectum. Doctors can remove polyps during the colonoscopy procedure.



LIFESTYLE FACTORS



Lack of regular exercise



Low fruit/vegetable intake



Low-fibre & high-fat diet



Being overweight (obesity)



Alcohol abuse



Poor oral/dental hygiene



Tobacco use

GENETIC FACTORS



Hereditary Syndromes such as Lynch Syndrome



Personal or family history of colorectal cancer or polyps

OTHER FACTORS



Old age



Type 2 Diabetes



Inflammatory Bowel Disease

SIGNS & SYMPTOMS (many people experience no symptoms)

- ➔ Change in bowel habits, including diarrhoea and constipation or both
- ➔ Rectal bleeding or blood in stools
- ➔ Persistent abdominal discomfort (cramps, gas or pain)
- ➔ A feeling that the bowel doesn't empty completely
- ➔ Weakness or fatigue
- ➔ Unexplained weight loss

Call CANSA Toll Free
0800 22 66 22
www.cansa.org.za

For more information on colorectal cancer contact your local health facility



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