

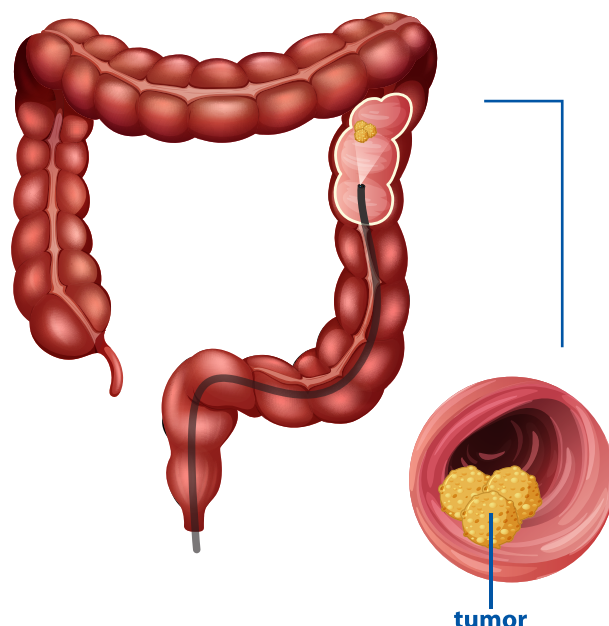
# COLORECTAL CANCER

Colorectal cancer occurs when tumors form in the lining of the large intestine. Small, noncancerous (benign) clumps of cells called polyps usually form. Over time, these polyps can develop into colorectal cancer.

## RISK FACTORS

It is common in both men and women and the risk of developing it increases with age. You are more likely to develop this type of cancer if you have the following risk factors:

- ✓ Colon polyps
- ✓ Family history of colorectal cancer
- ✓ Ulcerative colitis or Crohn's disease
- ✓ Not physically active
- ✓ Overweight or obese
- ✓ Eat a high-fat or low-fiber diet
- ✓ Smoking



## SIGNS AND SYMPTOMS

At first, you may not have symptoms, but if you do, it may cause one or more of these symptoms:



Diarrhea or constipation



Stools narrower than usual

Feeling that your intestine is not emptying completely

Blood in the stool, bright red or very dark color



Cramping or abdominal pain

Weakness and tiredness



Weight loss with no reason

Nausea or vomiting

# TREATMENT

Treatments for colorectal cancer include surgery, chemotherapy, radiation, or a combination of these. Generally, surgery can cure it when caught early.

# PREVENTION

Men and women between the ages of 45 and 75 are recommended to carry out their screening tests and continue with them periodically. These include:

- Fecal occult blood test
- Flexible sigmoidoscopy
- Colonoscopy

**If you have any of the risk factors, talk to your doctor about whether you should be screened and how often.**

The risk of colorectal cancer can also be reduced with the following lifestyle changes:

- Eat foods high in fiber, more fruits and vegetables, and fewer foods high in fat.
- Be physically active every day.
- Limit alcohol consumption.
- Avoid smoking.



For guidance and assistance, call the **PSM Beneficiary Service**  
**1-866-600-4753 / 1-844-726-3345 TTY** (hearing impaired)  
This call is free of cost.

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## Reference:

<https://medlineplus.gov/colorectalcancer.html>  
[https://www.cdc.gov/cancer/colorectal/basic\\_info/](https://www.cdc.gov/cancer/colorectal/basic_info/)