

# Be in the K.N.O.W. about colorectal cancer

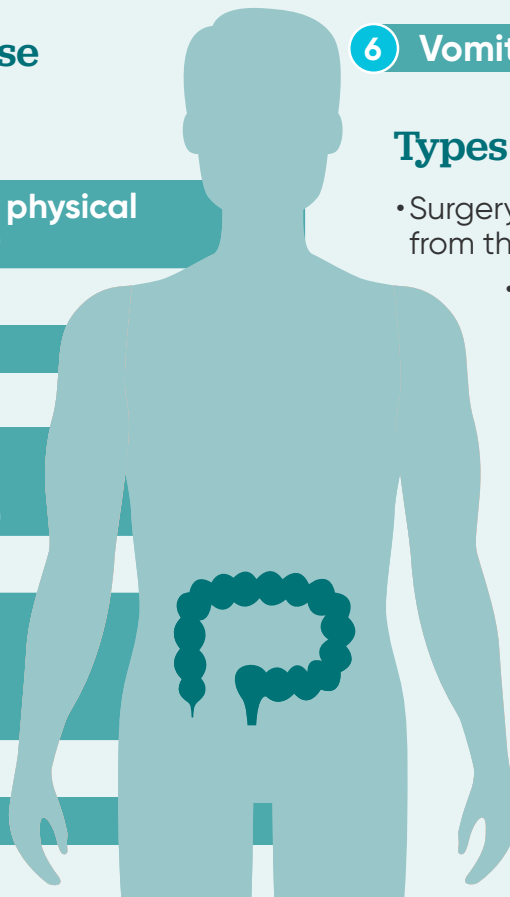
Colorectal cancer is a type of cancer that forms in the tissues of the intestines, rectum, and anus.

## Things that contribute to colorectal cancer:

- Older age
- Obesity
- Being black
- Smoking cigarettes
- Drinking alcohol (three or more per day)
- History of chronic ulcerative colitis or Crohn's disease for eight years or more
- Colorectal polyps greater than one centimeter or larger
- Certain inherited genes
- Having a relative (parent, sibling, or child) with a history of colon or rectal cancer

## Tests used to diagnose colon cancer:

- 1 Personal history and physical exam by your doctor**
- 2 Rectal exam**
- 3 Stool sample**  
Also known as Fecal Occult Blood test (FOBT)
- 4 Sigmoidoscopy or Colonoscopy**  
Procedure to look inside the rectum and colon
- 5 Tissue biopsy**



## Signs of colorectal cancer include:

- 1 Blood in the stool**
- 2 Changes in bowel habits**  
Diarrhea, constipation, incomplete emptying, or different stool shapes
- 3 Stomach pains**  
Gas, bloating, fullness, or cramps
- 4 Unknown weight loss**
- 5 Tiredness**
- 6 Vomiting**

## Types of treatment used:

- Surgery to remove the area of cancer from the colon
- Chemotherapy uses drugs to stop the growth of cancer cells
- Radiation therapy uses high-energy x-rays or other types of radiation to kill cancer cells or keep them from growing
- Targeted therapy uses drugs or other substances to identify and attack specific cancer cells
- Immunotherapy helps a person's immune system fight cancer