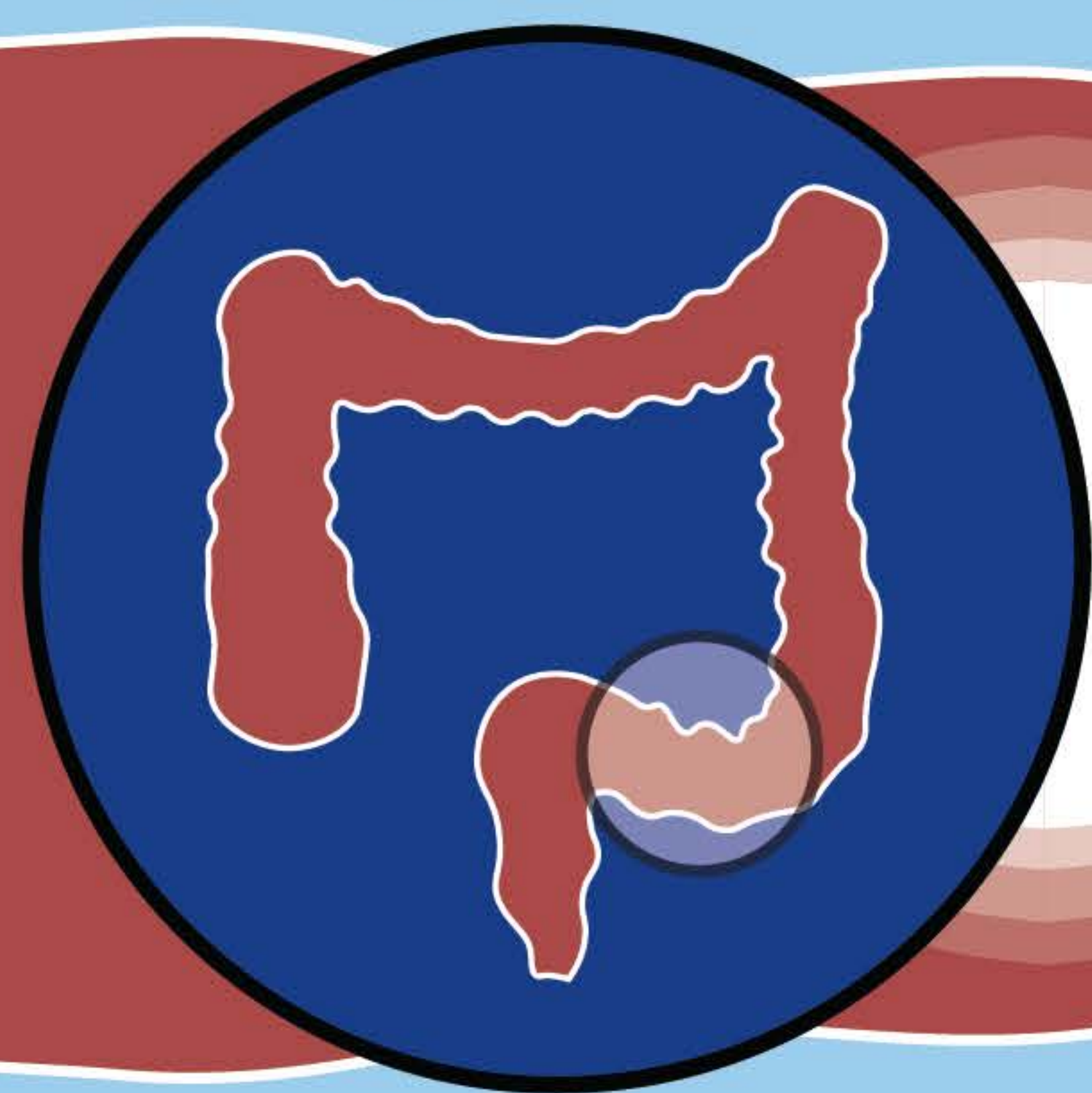


# End Colon Cancer in Indian Country

## What is colon cancer?

A disease in the large intestine (colon) and rectum. Most colon cancers start as small noncancerous clumps of cells called polyps. Without treatment, polyps may turn cancerous.

## Stages of colon cancer



### STAGE 0

Each polyp begins as a growth of noncancerous cells

Remove polyps before cancer starts

### STAGE 1

Cancer has formed in the polyp inside colon or rectum

If found early, 9 out of 10 survive

### STAGE 2

Cancer has spread to surrounding tissues

### STAGE 3

Cancer has spread to lymph nodes

If found, 7 out of 10 survive

### STAGE 4

Cancer has spread to other organs

If found later, 1 out of 10 survive

TIMING MATTERS WHEN COLON CANCER IS FOUND

## What can I do?



QUIT SMOKING



EAT FRUITS & VEGGIES



WEIGHT CONTROL



GET SCREENED



EXERCISE



LIMIT ALCOHOL USE



Colon cancer often has no symptoms in early stages.

## Screening tests

Colon cancer screening for American Indians is recommended for those ages 45-75

### STOOL-BASED TESTS

- Looks for blood in the stool
- Take test at home every 1-3 years
- Mail or return to clinic
- If positive, must have colonoscopy

### VISUAL TESTS

- Looks directly in the colon
- Test is done at a medical center
- Colonoscopy can prevent cancer by removal of polyps during test

Talk to your health care provider about when screening is best for you.



Colon cancer is the second leading cause of cancer death for American Indians and Alaska Natives.