

## COLORECTAL CANCER IN MISSOURI

### What is Colorectal Cancer?

Cancer that starts in the colon is called colon cancer, and cancer that begins in the rectum is called rectal cancer. Cancer that begins in either of these organs may also be called colorectal cancer.

### Facts and Figures

In Missouri, colorectal cancer is the second most common cancer and has a high death rate among cancers. Around 93% of new colorectal cancer cases occur in people who are 45 or older.

### Risk Factors

- Increased age.
- Type 2 diabetes.
- African American.
- Family history of colorectal cancer or polyps.
- Inflammatory bowel disease (IBD).
- Lynch Syndrome (an inherited genetic condition known to increase risk of colorectal cancer at a younger age in women as well as increased risk of developing other cancers).



Missouri Comprehensive Cancer  
Control Program  
[Health.Mo.Gov/cancer](http://Health.Mo.Gov/cancer)

## COLORECTAL CANCER ADDITIONAL RESOURCES

Many organizations provide extensive information on issues related to cancer such as health care, financial planning, social and emotional support, physical needs, and nutritional needs.

### American Cancer Society

[Cancer.org](http://Cancer.org)

### Cancer Information Service

[Cancer.gov/types/colorectal/patient/colorectal-screening-pdq](http://Cancer.gov/types/colorectal/patient/colorectal-screening-pdq)

### National Cancer Institute

[Cancer.gov/types/colorectal/patient/colorectal-prevention-pdq](http://Cancer.gov/types/colorectal/patient/colorectal-prevention-pdq)

### CDC – Cancer Prevention and Control

[CDC.gov/cancer/colorectal](http://CDC.gov/cancer/colorectal)

### Missouri Cancer Consortium

[CancerNMO.org](http://CancerNMO.org)

### Missouri Comprehensive Cancer Control Program

[Health.Mo.Gov/cancer](http://Health.Mo.Gov/cancer)

### R.A. Bloch Cancer Foundation, Inc

[BlochCancer.org](http://BlochCancer.org)

### What is Lynch Syndrome?

[CDC.gov/genomics/disease/colorectal\\_cancer/lynch\\_syndrome.htm](http://CDC.gov/genomics/disease/colorectal_cancer/lynch_syndrome.htm)



MISSOURI DEPARTMENT OF  
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**COLORECTAL  
CANCER**  
HERE'S WHAT YOU  
NEED TO KNOW



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## COLORECTAL CANCER SCREENING TESTS

The best way to reduce colorectal cancer risk is to get screened for colorectal cancer routinely, beginning at age 45.

Almost all colorectal cancers begin as precancerous polyps, or abnormal growths in the colon or rectum. Polyps can be present in the colon for years before invasive cancer develops. They may not cause any symptoms, especially early on.

Colorectal cancer screening can find precancerous polyps so that they can be removed before cancer develops. Early treatment is far more effective in preventing and curing colorectal cancer.







Several screening tests can be used to find polyps or colorectal cancer. The United States Preventive Services Task Force recommends these colorectal cancer screening methods:

- Colonoscopy.
- Stool tests.
- CT colonography.
- Flexible sigmoidoscopy.
- At home testing with Fitkits.

Each test has advantages and disadvantages. Talk to your doctor about which test to use and how often to be tested. It is important to find out which test is appropriate for you. Fitkits might not be recommended for someone with a family history of colorectal cancer.



## LOWER YOUR RISK FOR COLORECTAL CANCER

	<b>Routine Screenings</b>	Get screened early, before symptoms occur
	<b>Limit Alcohol</b>	Do not consume more than three alcoholic beverages per day
	<b>Healthy Diet</b>	<ul style="list-style-type: none"> <li>• Eat leaner meats</li> <li>• Eat fruits, vegetables, and whole grains</li> </ul>
	<b>Exercise</b>	Get regular exercise
	<b>Avoid Tobacco</b>	Tobacco smoke has at least 70 chemicals that cause cancer. <b>The Missouri Tobacco Quitline</b> can help smokers quit by providing a trained quit coach. Call <b>1-800-QUIT-NOW</b> or visit <b>QuitNow.net/Missouri</b>
	<b>Family Health History/ Lynch Syndrome</b>	<p>If a patient has a close family member who had colorectal cancer at a young age or has multiple close family members with colorectal cancer, a doctor may recommend:</p> <ul style="list-style-type: none"> <li>• Screening earlier and more often.</li> <li>• Using colonoscopy instead of other tests.</li> <li>• Sending the patient for genetic counseling.</li> </ul> <p>People with Lynch syndrome are much more likely to develop colorectal cancer, especially at a younger age (before 50), and women with Lynch syndrome are much more likely to get endometrial or uterine cancer. People with Lynch syndrome also have an increased chance of getting other cancers, including ovarian, stomach, liver, kidney, brain, and skin cancer</p>

Recommendation of US Preventative Services Taskforce [USPreventiveServicesTaskForce.org/uspst](https://www.uspreventiveservices.org)

## RECOMMENDED SCREENING GUIDELINES

*Early detection is your best defense*

<b>Adults aged 45 - 75 (choose one option)</b>	<ul style="list-style-type: none"> <li>• Colonoscopy every 10 years.</li> <li>• Fecal Immunochemical Test (stool test) every year.</li> <li>• Cologuard (stool test) every 3 years.</li> <li>• Other options include Flexible sigmoidoscopy every 5 years, or CT colonography every 5 years.</li> </ul>
<b>Adults over 75</b>	Talk to a doctor about whether or not screening for colorectal cancer would be beneficial.
<b>Adults over 85</b>	Screening for colorectal cancer is not recommended.