



Colorectal Cancer Fact Sheet

Cancer that starts in either the colon or the rectum is called colorectal cancer. Colorectal cancer is the third most common cancer in women (after breast and lung cancer) and men (after prostate and lung cancer). In 2014, more than 96,800 people in the United States are estimated to be diagnosed with colorectal cancer, with approximately 50,310 deaths annually.¹ In Arizona, in 2011, there were 1,322 men and 1,143 women diagnosed with invasive colorectal cancer and 916 colorectal cancer deaths.² Half of all colorectal cancer cases in 2011 were diagnosed in late stage. A review of race/ethnicity found White Non-Hispanics have the lowest late stage diagnosis (50%) and Asian & Pacific Islanders have the highest late stage diagnosis (62%).³

Additional Information & Support Resources

FIT at Fifty HealthCheck Program
www.fitatfiftyhealthcheck.org

Colon Cancer Alliance/Undy5000
www.ccalliance.org

National Cancer Institute
www.cancer.gov/cancertopics/types/colon-and-rectal

American Cancer Society
www.cancer.org/Cancer/ColonandRectumCancer

Colorectal Cancer Control Program
www.cdc.gov/cancer/crccp

Fight Colon Cancer
www.fightcolorectalcaner.org

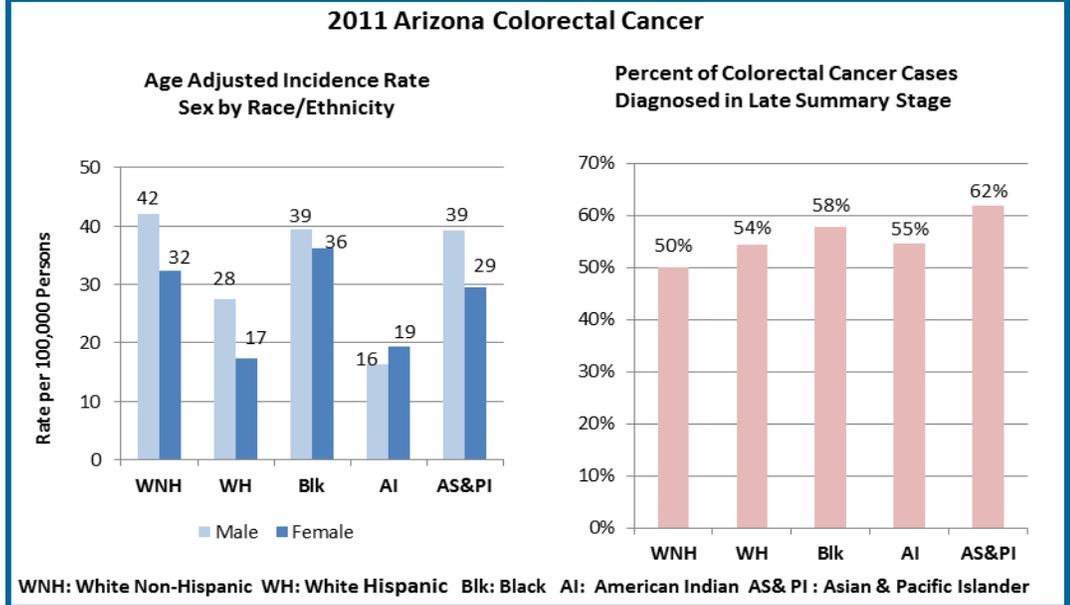
Screen 4 Colon Cancer
www.screen4coloncancer.org

Lynch Syndrome International
www.lynchcancers.com

National Colorectal Cancer Roundtable
80% by 2018
www.nccrt.org/about/80-percent-by-2018

Colorectal Cancer Risk Factors¹

- ✦ Aging and being over 50 years old
- ✦ Smoking
- ✦ Family history
- ✦ Genetic alterations
- ✦ Poor diet
- ✦ Having colorectal polyps
- ✦ Having Ulcerative Colitis or Crohn's Disease



Symptoms of Colorectal Cancer¹

- ✦ Diarrhea or constipation
- ✦ Feeling that your bowel does not empty completely
- ✦ Finding blood in your stools
- ✦ Finding your stools are narrower than usual
- ✦ Gas pains or cramps, or feeling full or bloated
- ✦ Losing weight with no known reason
- ✦ Feeling very tired all the time
- ✦ Nausea or vomiting

Early Detection¹

SCREENING FOR COLORECTAL CANCER SHOULD BEGIN AT AGE 50.

Colorectal cancer typically does not present with symptoms until the disease is late stage.¹ It is important to know your family history and understand your recommended age to be screened. If you are experiencing symptoms *at any age*, talk to your doctor about getting screened.

The screenings below detect polyps, cancer, or other abnormal areas.

Immunochemical fecal occult blood test (iFOBT):

Detects tiny amounts of blood in the stool, that may be from polyps or cancers.

Sigmoidoscopy: Rectum and the lower part of the colon are examined with a lighted tube.

Colonoscopy: Entire colon is examined using a long, lighted tube.

Double-contrast barium enema: X-rays are taken of the colon and rectum after being given an enema with a barium solution and air is pumped into the rectum.



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1. <http://www.cancer.org/acs/groups/content/@research/documents/webcontent/acspc-042151.pdf> 2. Arizona Department of Health Services. *Arizona Status and Vital Statistics 2011*. 3. Arizona Cancer Registry, 2011 Retrieved April 30, 2014