

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

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

Cancer Information Service

Cancer.gov/types/colorectal/patient/colorectal-screening-pdq

National Cancer Institute

Cancer.gov/types/colorectal/patient/colorectal-prevention-pdq

CDC – Cancer Prevention and Control

CDC.gov/cancer/colorectal

Missouri Cancer Consortium

CancerNMO.org

Missouri Comprehensive Cancer Control Program

Health.Mo.Gov/cancer

R.A. Bloch Cancer Foundation, Inc

BlochCancer.org

What is Lynch Syndrome?

CDC.gov/genomics/disease/colorectal_cancer/lynch_syndrome.htm



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SENIOR SERVICES**

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COLORECTAL CANCER

HERE'S WHAT YOU NEED TO KNOW



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

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

	Routine Screenings	Get screened early, before symptoms occur
	Limit Alcohol	Do not consume more than three alcoholic beverages per day
	Healthy Diet	<ul style="list-style-type: none"> • Eat leaner meats • Eat fruits, vegetables, and whole grains
	Exercise	Get regular exercise
	Avoid Tobacco	Tobacco smoke has at least 70 chemicals that cause cancer. The Missouri Tobacco Quitline can help smokers quit by providing a trained quit coach. Call 1-800-QUIT-NOW or visit QuitNow.net/Missouri
	Family Health History/ Lynch Syndrome	<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"> • Screening earlier and more often • Using colonoscopy instead of other tests • Sending the patient for genetic counseling <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/uspst)

RECOMMENDED SCREENING GUIDELINES

Early detection is your best defense

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