



Colorectal Cancer Information

Regular screening can often find colorectal cancer early, when it can be cured. Screening can also prevent colorectal cancer by removing polyps before they turn into cancer.

Most colorectal cancers develop from lifestyle-related factors and increasing age with 90% of patients being greater than 50 yo.

- Personal history of polyps or colorectal cancer.
- Personal history of irritable bowel disease
- Family history of colorectal cancer
- History of inherited syndromes
- Smoking
- Heavy alcohol use
- High consumption of red meat
- Diabetes
- Sedentary lifestyle
- Obesity

Screen for Colorectal Cancer

Screening for colorectal cancer using fecal occult blood testing, sigmoidoscopy, or colonoscopy is generally recommended beginning at age 50 for those without specific risk factors. For those at high risk of developing colorectal cancer, screening may begin at an earlier age.

- Flexible sigmoidoscopy – is a procedure where doctors use a flexible lighted tube to look at the interior walls of the rectum and lower colon
- Colonoscopy – is a common procedure that is performed with a flexible lighted tube to look at the interior walls of the rectum and the entire colon. Colonoscopies can be used as screening tests or as follow up diagnostic procedure when the results of another screening test are positive
- Double-contrast barium enema – is a type of x-ray test that highlights the inner part of the colon and rectum.
- Computer tomography (CT) colonography or virtual colonoscopy creates a 3-D view of your colon and rectum.