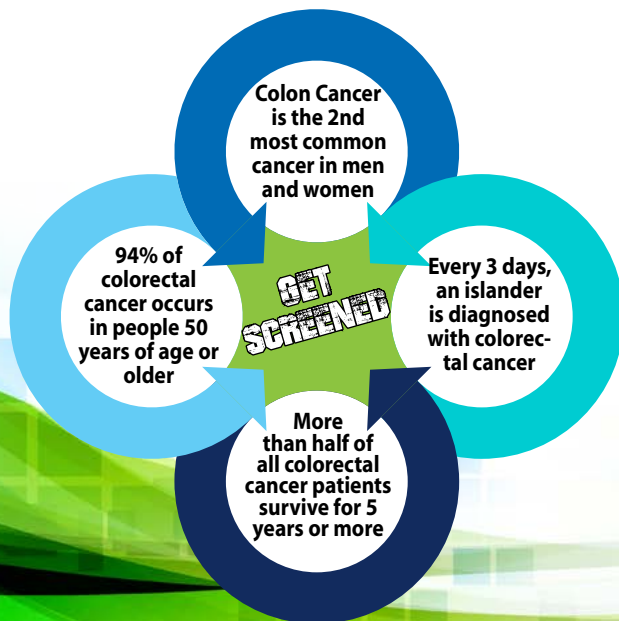


KNOW THE SYMPTOMS OF COLORECTAL CANCER

Look for:

- Persistent change in bowel habit (looser or more diarrhea-like stool, constipation, or smaller and more frequent bowel movements).
- Change in the stool's appearance (narrower, mucous).
- Blood in the stool or rectal bleeding.
- Frequent gas pains or cramps.
- Feeling of fullness or bloating.
- Feeling that the bowel has not emptied completely.
- Unexplained anemia causing tiredness, weakness, or weight loss.
- Rectal or anal pain.
- Lump in the rectum or anus.
- Abdominal pain or swelling.

If you develop any colorectal cancer symptoms, see your doctor or nurse practitioner. Other medical conditions and certain foods and medications can cause similar changes.



REDUCE YOUR RISK FOR COLORECTAL CANCER

People who follow a healthy lifestyle are less likely to suffer from colorectal cancer.

- Don't smoke.
- Move more and sit less.
- Limit alcohol.
- Maintain a healthy weight.
- Eat less red and processed meats.
- Eat foods that are high in fibre.
- Eat more vegetables and fruits.
- Stay up-to-date with screening for cancer and other chronic diseases.

HEALTH PEI COLORECTAL CANCER SCREENING

Call 1-888-561-2233 to get a stool testing kit mailed to you or register online www.princeedwardisland.ca

Enter "colorectal cancer screening program" in the site search bar

Phone: 1-888-561-2233 Fax: 902-368-6936

E-mail: colcerscreening@ihis.org

For more information on colorectal cancer and support groups, visit:

www.cancer.ca Canadian Cancer Society
Canadian Cancer Statistics publication
www.colorectalcancercanada.ca
Colorectal Cancer Canada

Data Sources: 2012-2016 Health PEI

Health PEI
One Island Health System



GET SCREENED

**FOR COLORECTAL
CANCER TODAY**

Health PEI
One Island Health System

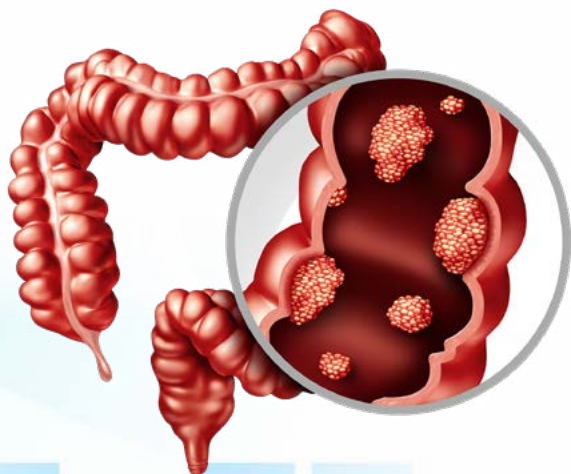
WWW.HEALTHPEI.CA • 1 888 561 2233

DO YOU WANT TO KNOW MORE ABOUT HEALTH PEI'S COLORECTAL CANCER SCREENING PROGRAM?

Colorectal cancer often begins, without any warning signs, as polyps in the colon. Over time, these polyps can turn into cancer. Untreated colorectal cancer can cause many problems. It can spread from the bowel to other organs, causing obstruction, bleeding, and pain. Ultimately, you can die from colorectal cancer. Finding and treating it at an early stage improves your chances of survival. The colorectal cancer screening program checks for colonic polyps and colon cancer in people who don't show any symptoms.

HOW COMMON IS COLORECTAL CANCER IN PRINCE EDWARD ISLAND?

Colorectal cancer is the second-most common cancer in men and women. Every 3 days, an Islander is diagnosed with colorectal cancer. More than half of all colorectal cancer patients survive the disease for 5 or more years. 94% of colorectal cancer occurs in people 50 years of age or older.



BENEFITS

Combined with the right follow-up, colorectal cancer screening can lower the number of deaths from colorectal cancer.

Early detection of colorectal cancer can mean less treatment and less time spent recovering.

LIMITATIONS

Sometimes, test results can be worrying, and you might think you have cancer even though you don't. A colonoscopy can rule out or confirm colorectal cancer or polyps.

Sometimes, a test may not detect cancer even when it is present. This is because polyps don't always bleed or because the sample that was taken missed blood.

WHAT TESTING OPTIONS ARE THERE?

For Islanders with no symptoms and no family history of colon cancer or colonic polyps:

Screening every 2 years between the ages of 50 and 74 could save your life. The stool test checks for blood in your stool (poo), which can be a sign of colorectal cancer. This test can be completed at home and is available for free.

For Islanders with a family history of colon cancer or colonic polyps:

A colonoscopy at the age of 40, or 10 years earlier than your youngest affected relative (mother, father, brother, sister, child), is recommended. See your doctor or nurse practitioner to discuss a referral for a colonoscopy.

BE SURE TO LEARN ABOUT YOUR FAMILY'S HEALTH AND CANCER HISTORY!

See your doctor if you have blood in your stool, bleeding from your rectum, or other signs of colorectal cancer.

THE STOOL TEST

The stool test checks for hidden blood in the stool (poo). Tumours and other growths have blood vessels that can release a small amount of blood into the stool. Blood in the stool is often caused by other things, like hemorrhoids. If the stool test results are suspicious, a colonoscopy is recommended to rule out or confirm colorectal cancer.



THE COLONOSCOPY

In a colonoscopy, a thin, flexible tube with a light, a camera, and a tool to remove polyps is inserted through the anus into the colon. This allows the doctor to examine the colon. Before a colonoscopy, the colon must be cleaned. This process is called bowel prep. On the day of your colonoscopy, you will be given medicine that puts you in a light sleep. After the colonoscopy, you will need an adult with you at home to make sure you are okay. Problems after colonoscopies are rare, but there is a risk that the colonoscopy tool can push too hard against the colon and cause a small tear. If this happens, your doctor may need to repair it with surgery.

**ORDER A
STOOL TEST
1 888 561 2233**

or pick it up from
a doctor's/nurse
practitioner's office.