

# *Colon Health RX*



*Taking Care of Your  
Colon Health*



# What we'll be talking about

- ❖ What is colorectal cancer?
- ❖ How common is colorectal cancer?
- ❖ What are the Causes and Risk factors of colorectal cancer?
- ❖ How to prevent Colorectal Cancer?
- ❖ Tests to find colorectal cancer early?
- ❖ What you can do?
- ❖ Lifestyle



# Definitions

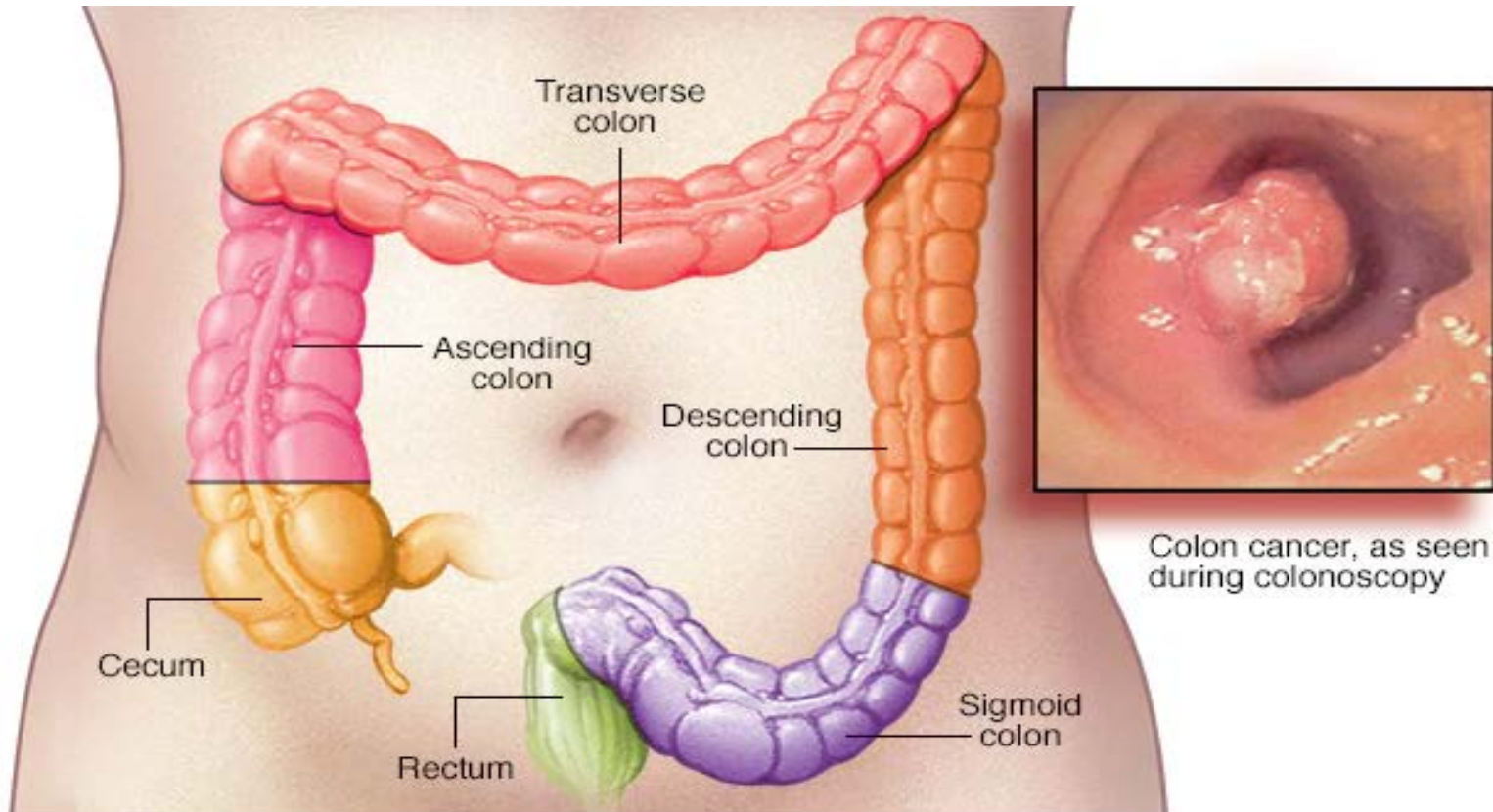
- ❖ **Cancer:** An abnormal growth of cells which tend to proliferate in an uncontrolled way and, in some cases, to metastasize (spread).
- ❖ **Colon Cancer:** that forms in the tissues of the colon (the longest part of the large intestine)



❖ **Colorectal cancer** is a cancer that starts in the colon or the rectum. These cancers can also be named **colon cancer** or **rectal cancer**, depending on where they start. Colon cancer and rectal cancer are often grouped together because they have many features in common.



# COLORECTAL CANCER



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# How common is colorectal cancer?



- 2nd leading cause of cancer-related death in the U.S. for men and women combined
- 3rd most common cancer in both men and women the U.S.(not including skin cancer)
- It's estimated that more than half of all cases could be prevented by regular colonoscopy screening!



## What are the Causes and Risk factors of colorectal cancer?

- Age of 50 or older
- African-American race
- A personal history of colorectal cancer or polyps
- Smoking
- Less Physical activity
- Inflammatory intestinal conditions.
- Inherited syndromes that increase colon cancer risk
- Family history of colon cancer.
- Low-fiber, high-fat diet
- A sedentary lifestyle
- Obesity
- Alcohol Radiation therapy for cancer



## Symptoms

- ❖ A change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool, that lasts longer than four weeks
- ❖ Rectal bleeding or blood in your stool
- ❖ Persistent abdominal discomfort, such as cramps, gas or pain
- ❖ A feeling that your bowel doesn't empty completely
- ❖ Weakness or fatigue
- ❖ Unexplained weight loss
- ❖ Asymptomatic: literally the absence of symptoms





# How to prevent Colorectal Cancer?

## a. Lifestyle





Jorge Valera Naturista

# HIGH FIBER FRUITS



Avocado



Peach



Pear



Strawberries



Apple



Papaya, paw paw



Grapes



Prune



Pineapple



Banana



Orange

[www.jorgevaleranatura.com](http://www.jorgevaleranatura.com)



## b. Exercise Daily

### **BEING PHYSICALLY ACTIVE DECREASES RISK OF THESE CANCERS:**

POST-MENOPAUSAL  
BREAST

COLORECTAL

ENDOMETRIAL



#### Activity helps to:

- Regulate blood levels of hormones that contribute to cancer risk
- Speed food through the colon, reducing exposure to dietary carcinogens
- Prevent the build up of body fat, a cause of many cancers

**AIM FOR 30 MINUTES A DAY, IN ANY WAY**

The evidence is the latest from the Continuous Update Project (CUP), which systematically updates and reviews the research conducted worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.

 American Institute for  
Cancer Research

1759 R Street NW, Washington DC  
Phone: 202.328.7744 - Email: [Communications@aicr.org](mailto:Communications@aicr.org) - [www.aicr.org](http://www.aicr.org)





# c. Fecal Immunochemical Test (FIT)

## Low-Literacy FIT Instructions

How to use the test

*Read all these instructions before doing the test!*

1. Unfold the paper and put it in your toilet bowl, on top of the water.



2. Have a small bowel movement on top of the paper. Collect the stool (poop) right away! Do not let the paper sink or let the stool get wet.



3. Get the test bottle. Check to make sure it has your name and birth date on it. Unscrew the green cap. Pull the cap straight out.



4. Scrape the stool (poop) with the stick. Scrape it a few times until the grooves near the end of the stick are filled completely with stool.



5. Push the stick straight into the test bottle. Press in hard, and screw the cap on tightly. Wipe off the outside of the bottle with some tissue. Flush the toilet. It is safe to flush the paper.



6. Wrap the bottle with the small pad.



7. Put the bottle and the pad inside the plastic bag. Put the plastic bag in the return envelope.



8. Seal the envelope. Write today's date on the envelope.



9. Mail the test to us right away. Now you are done!



Baker DW, et al. BMC Health Services Research 2013



# FIT Test Instructions

- Where and how to send the completed FIT Test
- **MUST** be submitted within 3 days of sample being taken
- <https://www.youtube.com/watch?v=zLAlv81K74Y>



# Paying for the FIT test

FIT test is covered by :

- MaineCare
- Free care
- FQHC Discount services ( B Street Community clinic)
- **Maine Cancer testing card- How to use?**
- Ask your doctor for other options