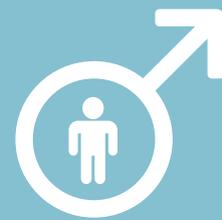


THE BIG 5 CANCERS AFFECTING MEN IN SA

#2 Colorectal Cancer

IT IS ESTIMATED THAT **1 IN 79**
SA MEN WILL DEVELOP
COLORECTAL CANCER



SIGNS & SYMPTOMS

(You can have early colorectal cancer without symptoms)

- ➊ Change in bowel habits
- ➋ A feeling that the bowel doesn't empty completely
- ➌ Rectal bleeding
- ➍ Stomach pain
- ➎ Weakness
- ➏ Unexplained weight loss



TREATMENT & PROGNOSIS

- ➊ Treatment depends on how far the cancer has advanced
- ➋ Treatment may include surgery, radiation, chemotherapy, or a combination of these therapies
- ➌ Prognosis also depends on how far the cancer has advanced. For early (stage I) cancer of the colon or rectum, the five-year survival is about 75%

SCREENING

- ➊ Go for regular colon screening tests such as a colonoscopy or a sigmoidoscopy from age 50 - every 10 years
- ➋ Some CANSA Care Centres & Mobile Health Clinics countrywide offer faecal occult blood tests (sample of stool collected on end of an applicator to help detect small quantities of blood). Although not always an indication of cancer, positive results require a referral to a doctor

REDUCE YOUR CANCER RISK:



Go for cancer screenings



Eat a healthy diet



Exercise regularly



Maintain healthy weight



Do not smoke



Avoid alcohol



Research • Educate • Support

CANSA offers care and support for patients that have had colorectal cancer, together with Stoma care and supplies

Toll Free 0800 22 66 22 | www.cansa.org.za



072 197 9305
071 867 3530

ENGLISH,
AFRIKAANS
XHOSA, ZULU,
SOTHO, SIWATI



THE BIG 5 CANCERS AFFECTING WOMEN IN SA

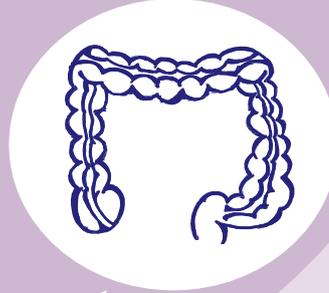
#3 Colorectal Cancer

AN ACTIVE BALANCED LIFESTYLE SIGNIFICANTLY LOWERS RISK FOR COLORECTAL CANCER



EARLY DETECTION IS KEY

Most colorectal cancers begin as a **POLYP**, a small growth of tissue that starts in the lining and grows into a centre of the colon or rectum. Doctors can remove polyps during the colonoscopy procedure.



Go for regular colon screening tests such as a colonoscopy or a sigmoidoscopy from age 50 - every 10 years



Some CANSA Care Centres & Mobile Health Clinics countrywide offer faecal occult blood tests (sample of stool collected on end of an applicator to help detect small quantities of blood). Although not always an indication of cancer, positive results require a referral to a doctor.

Lifestyle factors that contribute to increased risk of colorectal cancer:



Lack of regular exercise



Low fruit/vegetable intake



Low-fibre & high-fat diet



Being overweight (obesity)



Alcohol use



Insufficient intake of clean safe water



Tobacco use

SIGNS & SYMPTOMS

(many people experience no symptoms)

- ➔ Change in bowel habits, including diarrhoea/constipation
- ➔ Rectal bleeding or blood in stools
- ➔ Persistent abdominal discomfort (cramps, gas or pain)
- ➔ A feeling that the bowel doesn't empty completely
- ➔ Weakness or fatigue
- ➔ Unexplained weight loss

OTHER RISK FACTORS:

- ➔ Inflammatory bowel disease
- ➔ Personal or family history of colorectal polyps and/or -cancer