



Colon Cancer

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Risk factors

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis
- Family history of colorectal polyps or cancer
- Lack of physical activity
- Low intake of fruits and vegetables
- Processed meats and low-fiber diet
- Obesity
- Alcohol consumption
- Tobacco use

Symptoms

- A change in bowel habits
- Blood in or on your stool
- Diarrhea, constipation, or feeling the bowel does not empty
- Abdominal pain, aches, or cramps that don't go away
- Weight loss for no known reason

Screening recommendations

- Adults aged 45 to 75
- Adults aged 76 to 85 should talk to their doctor about screening
- Screening strategies, including stool tests, colonoscopy, and virtual colonoscopy

For more information, contact us at the following:

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MISSISSIPPI STATE DEPARTMENT OF HEALTH