

# Know Your Risks: Colon Cancer & the Black Community

## A DEVASTATING DISEASE

Colorectal cancer - which is the second deadliest form of cancer in the United States as a whole - is disproportionately unforgiving to the Black community.

African Americans tend to get the disease at a younger age, often present at more a more advanced stage and have lower survival rates.

This makes getting screened for colon cancer starting at age 45 that much more important.

## Black People Are:

- **20%** more likely to get colon cancer
- **40%** more likely to die from the disease
- **Less likely to be screened**

## KNOW THE RISKS

- A family history of colorectal cancer or certain types of polyps
- A personal history of colorectal cancer or certain types of polyps
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- A known or suspected family history of a hereditary colorectal cancer syndrome, such as familial adenomatous polyposis (FAP) or Lynch syndrome (also known as hereditary non-polyposis colon cancer, or HNPCC)
- A personal history of radiation to the abdomen (belly) or pelvic area to treat a prior cancer

## KNOW THE SIGNS

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- A feeling that you need to have a bowel movement that's not relieved by having one
- Rectal bleeding
- Blood in the stool, which might make the stool look dark brown or black
- Cramping or pain in the abdomen (belly)
- Feeling tired or weak
- Losing weight without trying



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