

# Colorectal Cancer & American Indians



Colorectal Cancer is the **4th**  
most common type of cancer  
& the **4th**  
leading cause of cancer in Kansas

Source: Center for Disease Control and Prevention 2009 - 2013.  
<https://nccd.cdc.gov/uscs/cancersrankedbystate.aspx>

## 18th

Kansas ranks 18th in the nation for  
highest colorectal cancer deaths.

Source: Center for Disease Control and Prevention 2009 - 2013.  
<https://nccd.cdc.gov/uscs/cancersrankedbystate.aspx>

## 90%

More than 90% of cases occur in  
people 50 years of age or older

[https://www.cdc.gov/cancer/colorectal/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/colorectal/basic_info/risk_factors.htm)

Colorectal cancer affects both  
men and women.

<https://www.cdc.gov/cancer/colorectal/>

COLORECTAL POLYPS AND CANCER OFTEN  
DON'T CAUSE SYMPTOMS EARLY ON.

[https://www.cdc.gov/cancer/colorectal/basic\\_info/symptoms.htm](https://www.cdc.gov/cancer/colorectal/basic_info/symptoms.htm)

DON'T WAIT FOR SYMPTOMS TO APPEAR  
BEFORE BEING SCREENED.

# Warning Signs of Colorectal Cancer:

Colorectal cancer may not have warning signs at first. You can have polyps or colon cancer and not know. It is important to be screened when your doctor tells you.

## Signs for Colorectal Cancer:

- Stomach pain or cramps that do not go away
- Blood in or on your bowel movement
- Losing weight and you don't know why

[https://www.cdc.gov/cancer/colorectal/basic\\_info/symptoms.htm](https://www.cdc.gov/cancer/colorectal/basic_info/symptoms.htm)

# Screening/Early Detection:

Screening checks for a disease when there are no signs or symptoms. Colon screening can find and remove polyps before they develop into cancer. A screening can also find cancer early, and make treatment easier.

Screening usually begins at age 50 years and continues until age 75 years. If you are more likely to get colon cancer, talk to your doctor about how often you should be screened.

You are at risk of colorectal cancer if...

- you have or had inflammatory bowel disease, Crohn's disease, or ulcerative colitis
- you or someone in your family had colorectal polyps

[https://www.cdc.gov/cancer/colorectal/basic\\_info/screening/index.htm](https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm)

## Screening tests recommended for all average-risk American Indian men and women ages 50 – 75:

Every Year

### Stool Tests:

High-Sensitivity guaiac-Fecal Occult Blood Test (gFOBT)  
Fecal Immunochemical Test (FIT)  
FIT-DNA Test (It is done once every one or three years)

Every 5 Years

Flexible Sigmoidoscopy  
CT Colonography

Every 10 Years

Colonoscopy  
Flexible Sigmoidoscopy with FIT done every year

[https://www.cdc.gov/cancer/colorectal/basic\\_info/screening/tests.htm](https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm)

**SCREENING DETECTS PRE-CANCEROUS POLYPS OR EARLY COLORECTAL CANCER.**

[https://www.cdc.gov/cancer/colorectal/basic\\_info/screening/index.htm](https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm)