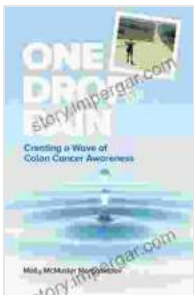


Creating Wave Of Colon Cancer Awareness: A Comprehensive Guide

Colon cancer is the third leading cause of cancer-related deaths in the United States, with over 50,000 people dying from the disease each year. It is a serious disease, but it is also one that is largely preventable.



One Drop of Rain: Creating a Wave of Colon Cancer Awareness

by Molly McMaster Morgoslepov

★★★★☆ 4.8 out of 5

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File size : 7071 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 376 pages
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One of the most important things that we can do to fight colon cancer is to raise awareness about the disease. The more people who know about colon cancer, the more likely they are to get screened and diagnosed early, which can improve their chances of survival.

Statistics

* Colon cancer is the third leading cause of cancer-related deaths in the United States, with over 50,000 people dying from the disease each year.

* Colon cancer is the second leading cause of cancer-related deaths in men and women.

* The average age of diagnosis for colon cancer is 66 years old.

* The lifetime risk of developing colon cancer is about 1 in 20.

Risk Factors

There are a number of risk factors that can increase your chances of developing colon cancer, including:

- Age: The risk of colon cancer increases as you get older.
- Family history: If you have a family history of colon cancer, you are at an increased risk of developing the disease.
- Personal history of colon polyps: If you have a history of colon polyps, you are at an increased risk of developing colon cancer.
- Diet: A diet high in red meat and processed meat can increase your risk of colon cancer.
- Smoking: Smoking cigarettes increases your risk of colon cancer.
- Obesity: Obesity is a risk factor for colon cancer.
- Physical activity: Physical inactivity can increase your risk of colon cancer.
- Alcohol: Drinking alcohol can increase your risk of colon cancer.

Symptoms

The early stages of colon cancer often do not cause any symptoms. As the cancer grows, you may experience:

- Blood in your stool
- Changes in bowel habits, such as diarrhea or constipation
- Abdominal pain or cramping
- Weight loss
- Fatigue

Screening

Colon cancer screening is recommended for all adults over the age of 50. There are a number of different screening tests available, including:

- **Colonoscopy:** A colonoscopy is a procedure in which a doctor inserts a thin, flexible tube with a camera on the end into your colon to look for polyps or cancer.
- **Sigmoidoscopy:** A sigmoidoscopy is a procedure in which a doctor inserts a thin, flexible tube with a camera on the end into your rectum and lower colon to look for polyps or cancer.
- **Fecal immunochemical test (FIT):** A FIT is a test that checks for hidden blood in your stool.
- **Cologuard:** Cologuard is a DNA test that checks for changes in your DNA that may be associated with colon cancer.

Prevention

There are a number of things you can do to reduce your risk of developing colon cancer, including:

- Eat a healthy diet: A healthy diet includes plenty of fruits, vegetables, and whole grains. It also limits red meat and processed meat.
- Get regular exercise: Physical activity can help reduce your risk of colon cancer.
- Quit smoking: Smoking cigarettes increases your risk of colon cancer.
- Maintain a healthy weight: Obesity is a risk factor for colon cancer.
- Get screened: Colon cancer screening is recommended for all adults over the age of 50.

Colon cancer is a serious disease, but it is one that is largely preventable. By raising awareness about the disease, we can help more people get screened and diagnosed early, which can improve their chances of survival.

If you are concerned about your risk of colon cancer, talk to your doctor. They can recommend the best screening test for you and help you develop a plan to reduce your risk of developing the disease.



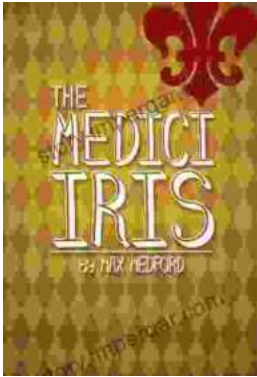
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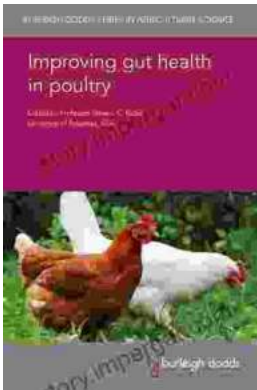
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