

Colon Cancer

Don't wait for symptoms.
Get checked today.



IF YOU'RE BETWEEN 50 AND 74, TAKE THE COLONCHECK HOME SCREENING TEST.

No symptoms? Perfect timing.

- Colon or rectal cancer starts from small growths in the colon or rectum.
- You can have these growths for several years without having symptoms.
- Colorectal cancer is one of the most commonly diagnosed forms of cancer, and the second leading cause of cancer death in the Yukon.
- The good news is that, when detected early, colon cancer can be cured 9 times out of 10.

How does the ColonCheck Home Screening Test work?

Most pre-cancerous growths, or polyps, leak a tiny amount of blood into the bowel – too little to see with your eyes. The home screening test looks for this blood in a stool/poop sample.

- It's simple to do – It only takes a few minutes and you can do it at home.
- It's simple to get – Call or email to have a kit sent to your home. (Contact info is below.)

I took the test. Now what?

- If your screening result is normal, you will be sent a reminder in two years to repeat the home screening test.
- If you have a positive result, you will be scheduled for a colonoscopy to see where the blood is coming from. There are many reasons for blood in stool. Most people called back for additional tests will not have cancer.

Who is most at risk for colorectal cancer?

You are at higher risk if you:

- are over the age of 50;
- have a family history of the disease;
- have had colorectal cancer in the past; and/or
- have inflammatory bowel disease, such as ulcerative colitis or Crohn's disease.

Make sure to tell your health care provider if you have abdominal pain, rectal bleeding, or a change in your stool pattern.

How can I lower my risk?

- Take the home screening test every two years, if you are between the ages of 50 and 74.
- Be active.
- Eat lots of berries and vegetables.
- Eat more fibre (whole grains, beans, peas, bran) and less saturated fats (fatty and processed meats).
- Quit or cut down on smoking or using snuff/chew.
- Drink less alcohol.



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Contact the ColonCheck Yukon program at **867-667-5497** or toll-free at **1-844-347-9856**, or email coloncheck.yukon@yukon.ca.