

COLORECTAL CANCER IS...

Preventable. Treatable. Beatable.

Colorectal cancer is the third leading cancer killer in the United States but it doesn't have to be. If everyone aged 45 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. The colon, also known as the large intestine, makes up the final part of the digestive process. The colon's primary function is to absorb the remaining nutrients and process waste for elimination as stool. Abnormal cells or polyps can develop in the colon or the rectum. Most polyps are harmless but some are not. Early detection can help prevent colorectal cancer by finding and removing polyps.

Early detection through screenings can dramatically reduce your risk.

CALL YOUR DOCTOR IF YOU HAVE ANY SYMPTOMS OF COLORECTAL CANCER SUCH AS:

- Blood in or on the stool
- A change in bowel habits
- Constant diarrhea, constipation, or fatigue
- Stools that are narrower than usual
- Abdominal pain or problems with gas or bloating
- Unexplained weight loss

Talk to your doctor about which screening is right for you.

RECOMMENDED SCREENINGS STARTING AT AGE 45

- Fecal occult blood test – **every year**
- Cologuard – **every three years**
- Sigmoidoscopy – **every five years (if not having colonoscopy)**
- Colonoscopy – **every ten years**

[CDC.GOV](https://www.cdc.gov)



Individuals with risk factors may require earlier or more frequent screenings. Consult with your doctor. To establish care with a Gastroenterologist, call 724-357-8087 or a General Surgeon call 814-938-7045.

COLORECTAL CANCER AWARENESS MONTH



Join Dr. Olga Zhadan and Dr. Kyle Lingenfelter for a **free informative seminar** about screening options, potential symptoms, risk factors, and a question-and-answer session.

Tuesday March 18th at 6 p.m.
in the West Wing Conference Room at the
Punxsutawney Area Hospital

Colorectal cancer is the third leading cancer killer
in the United States, *but it doesn't have to be.*

The American Cancer Society estimates that 154,270 people in the U.S. will be diagnosed with colon and rectal cancer in 2025, and 52,900 will die from the disease.



PUNXSUTAWNEY
AREA HOSPITAL

RSVP's are not required.
The first 25 attendees will receive a free promotional gift. For more information, please email kdonald@pah.org or call 814-938-1827.