



Colorectal Cancer Awareness Month

Dress in Blue
Friday, March 5, 2021

Who is at most risk:

- Individuals with a personal and/or family history of polyps or cancer
- People over the age of 50
- Those with ulcerative colitis or Crohn's Disease
- Certain ethnic groups: African American, Native American and Alaskan Natives

Symptoms:

- A change in bowel habits
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort
- Nausea or vomiting
- Unexplained weight loss
- No noticeable symptoms
- Chronic fatigue

What you can do:

- Get screened if you are between 50 and 75 years of age; or sooner if you are at higher risk
- Maintain a healthy weight
- Adopt a physically active lifestyle
- Eat a healthy diet
- Do not use tobacco products
- Limit alcohol intake

What you need to know about Colon Cancer:

- Colon Cancer affects men and women equally.
- 90 percent of new cases occur in people age 50 or older.
- On average, your risk is about one in 20, although this varies widely according to individual risk factors for developing colon cancer.
- People with a first-degree relative (parent, sibling or child) who has colon cancer have two to three times the risk of developing the disease.

For more information, please contact your primary care provider or visit www.cancer.org

For more information about Nimkee Clinic's Colorectal Screening Program, please contact

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Nimkee
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