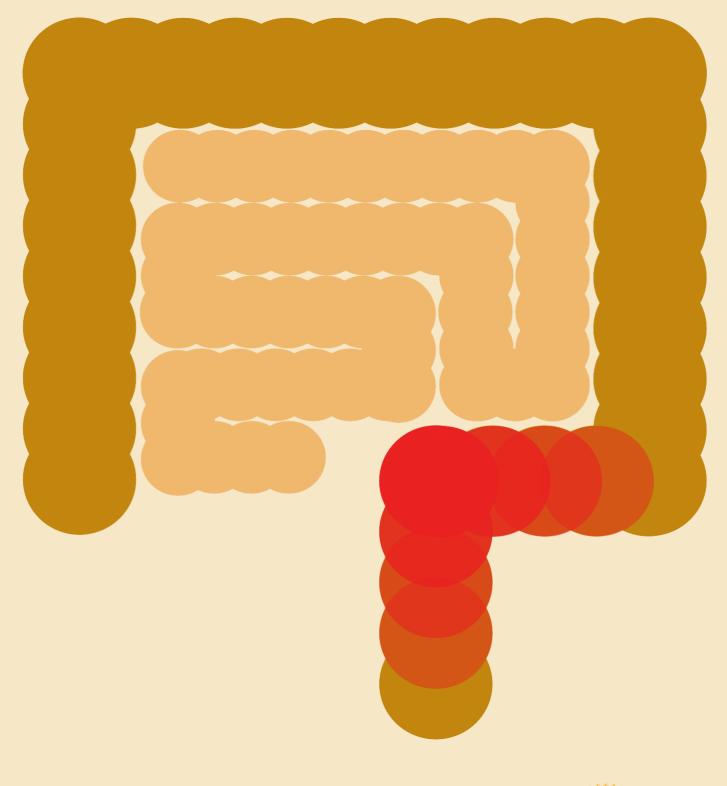
Colorectal Cancer Early Detection Programme









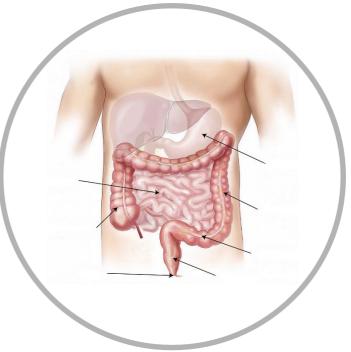
Colorectal Cancer Early Detection Programme

Cancer is a disease that can appear in different parts of the body. When it appears at the end of the intestine, that is, in the colon and rectum, it is called colorectal cancer. It often appears in men and women over 50 years old.

Colorectal cancer usually starts as a polyp. Polyps are small, benign tumours that can develop into cancer with the passage of time. People with polyps or colorectal cancer do not have any **symptoms** especially at the beginning.

Symptom

Symptom is a change in the body that indicates we have a disease.



Who is the colorectal cancer early detection programme for?

Un resultado negativo de la prueba de detección de sangre oculta en heces no garantiza que no tenga o no vaya a tener nunca un cáncer colornectal, por lo que resulta muy importante conocer los sintomas habituales del cáncer colornectal: sangrado por el ano.	Si usted tiene entre 50 y 69 años es conveniente que se realice la prueba de detección precoz de sangre oculta en heces.	Programa de	
cambio en la frecuencia o consistencia de las deposiciones, perdida de peso sin razón conocida, fatiga y cansancio constante. Si el resultado de la prueba de detección de sangre oculta en heces	En su Centro de Salud / Consultorio se le entregará gratuitamente el material necesario para que usted recoja una muestra de heces, siguiendo las instrucciones que le faciliten.	de detección precoz del	a
es positivo (se encuentran indicios de sangre en las heces) no quiere decir que necesariamente tenga câncer, pero es preciso realizar una exploración del interior del colon y el recto. La colonoscopia es la prueba elegida	Recomendaciones: • Consumir alimentos ricos en fibra, fruta y verdura a diario. • No fumar.	cáncer colorrectal	detecta la sdesangre n las heces.
para la exploración. Se hace con sedación para evitar que sea dolorosa. Si se encuentra algún pólipo puede ser extirpado al mismo tiempo. Si se detecta un cáncer se completaria el estudio y se le ofreceria el tratamiento más adecuado para su caso.	- Realizar ejercicio todos los días. - Evitar la obesidad.		rueba de en heces es indicios de cobable que el momento a prueba da ita en hecer
	Sacyl Sacyl Lunta de Castilla y León	Sacyl Sunta de Castilla y León	
todo en un un	ocuita en heces.	1	0.

Early detection

is finding a disease before symptoms occur.

Stool

means the same thing as poop

The colorectal cancer early detection programme

is for men and women

over 50 and under 75 years old.

This programme is to:

- Find polyps and remove them.

This is done to prevent colorectal cancer.

- Detect colorectal cancer early

before symptoms appear.

This way, treatment will be more effective.

People with polyps and colorectal cancer tend to experience rectal bleeding and blood can be seen in the stool after a bowel movement. This is why the test for the early detection of colorectal cancer looks for blood in stool. And it is called a faecal occult blood test.

What does the faecal occult blood test for early detection consist in?

It is a test that looks for blood in stool,

although it cannot be seen with the naked eye.

If you do this test and the results are negative,

meaning that no blood has been found in your stool,

it is unlikely that you have colorectal cancer.

This is why it's important

to know the most common symptoms of this disease:

- Rectal bleeding.
- Bowel movements that are at times hard or soft,
 - or frequent bowel movements
 - and then no bowel movement for several days.
- Losing weight without knowing why.
- Feeling tired all the time.

If you do this test and the results are positive,

meaning there is blood in your stool,

it doesn't always mean that you have cancer.

This is why it is necessary for you to get another test done

called a colonoscopy

to see the inside of the colon and rectum.

Colonoscopy

is a test that examines the inside of the intestine. It is done using a tube containing a camera that is inserted into the rectum. The colonoscopy is performed with sedation so you won't feel a thing.

If the doctors find a polyp during the colonosocopy, they will remove it right then and there. If the doctors see that you have cancer when performing the test, they'll tell you the best treatment for it.

If you are over 50 and under 75 years old,

you have to do the test

to find out if you have blood in your stool.

Your Health Centre will provide you with all the necessary

materials

to do this test

and tell you how to do it.

To lower your risk for colorectal cancer, you have to:

-Eat fruits, vegetables and

fibre-rich foods every day.

- Exercise every day.
- Try not to gain weight.
- Not smoke.

Sedation

is using medication to help you relax and block pain.

Fibre-rich foods

are those that prevent constipation. Some examples are pulses, vegetables and fruits.



