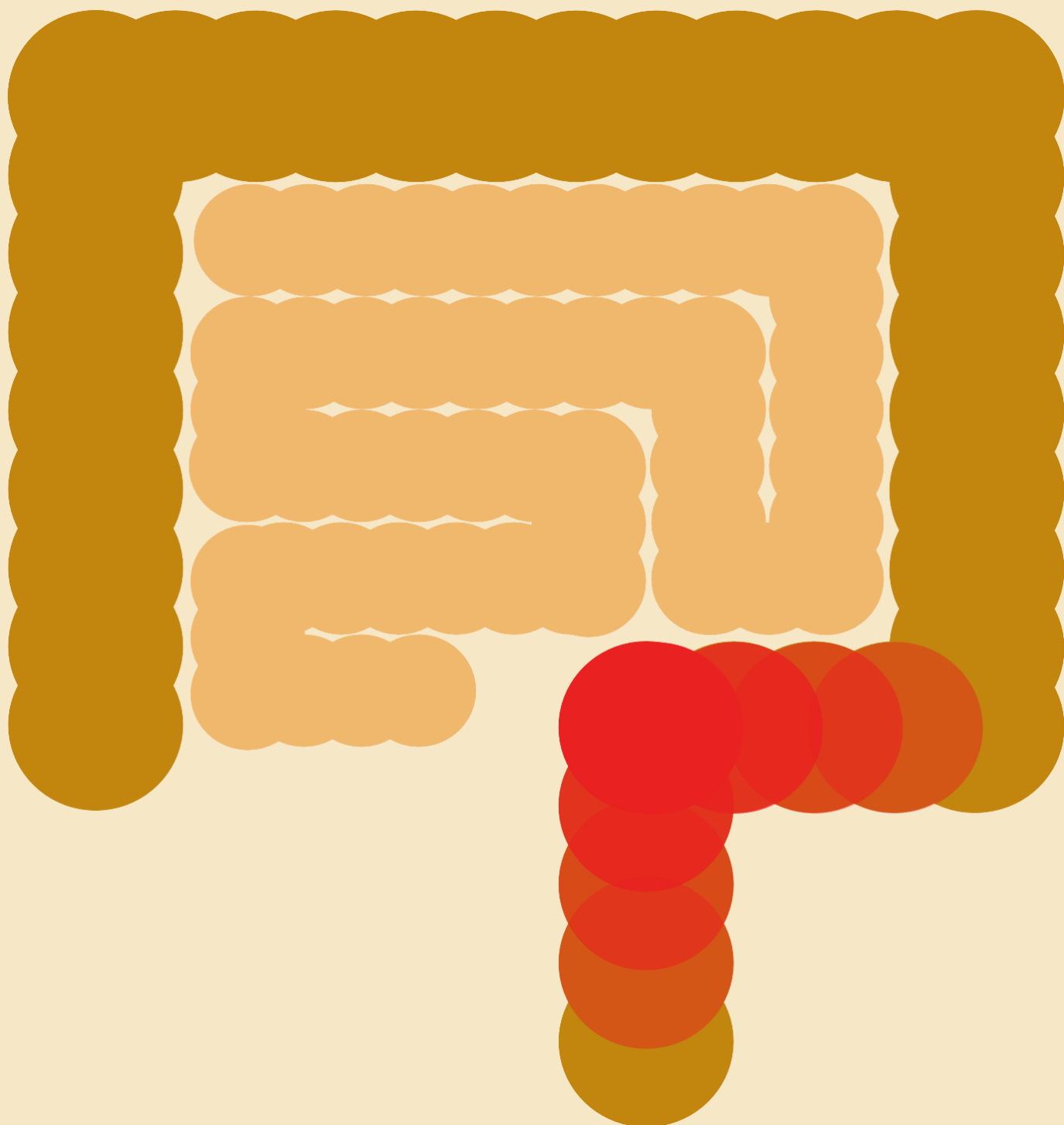


Colorectal Cancer Early Detection Programme



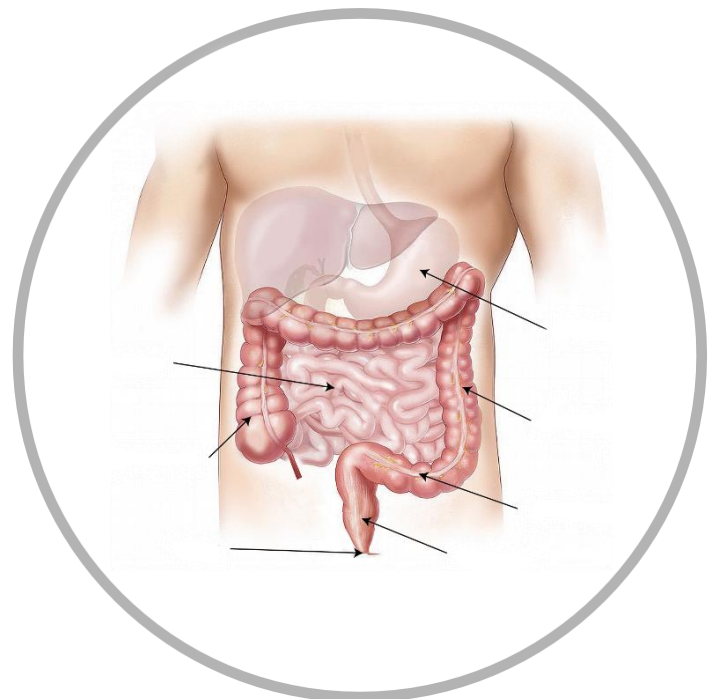
Colorectal Cancer Early Detection Programme

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?



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 colonoscopy, 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.

