

## **Screening for Colorectal Cancer**

### **What is Colorectal Cancer?**

Colorectal Cancer is a cancer that occurs in the colon or rectum. Screening is important for detecting early causes of colorectal cancer, such as polyps (abnormal tissue that form and can turn cancerous). Colorectal cancer is the second leading cause of cancer death, so it is important to speak with your doctor if you believe you might be at risk. Community Care Physicians offers many options for screening.

### **Who is at risk?**

Screenings are for patients without symptoms so early detection can be made and possible tumors may be prevented.

It is recommended that people 50-75 years old should begin to receive regular screenings, and some doctors suggest beginning at 45 if you are at a higher risk. Those at a higher risk include, if you have a history of family members with colorectal cancer or colorectal polyps, if you suffer from an Inflammatory Bowel Disease, if you suffer from a familial genetic syndrome, and if you have a history of radiation to the abdomen due to previous cancer treatments.

Other risks doctors have found include: excessive alcohol use, obesity, being physically inactive, cigarette smoking, and possibly diet.

### **Symptoms**

Symptoms can include:

- Blood in or on your stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.

However, colorectal cancer symptoms are similar to other health issues, which is why it is important to speak with your doctor about screenings if you are experiencing symptoms.

### **How is it treated?**

Community Care Physicians has many options to suit your needs and make you the most comfortable when dealing with colon cancer or rectal cancer. Your health team will work with you on an appropriate treatment. CCP offers numerous treatments including surgery, chemotherapy, and radiation oncology, or a combination of these options.

### **Tests and screenings**

Speak with your doctor to see if you need testing or screening and which is the best route to take if you do. CCP offers many different colorectal screenings. Community Care Physicians General Surgery and Endoscopy and Surgical Care Suite performs upper GI Endoscopy and Lower GI Endoscopy to find precancerous polyps which can be removed during the test and may find cancer early when it is most treatable. You can obtain the materials for the High-sensitivity fecal occult blood tests (FOBT) from your Community Care Physicians' primary care office.

**CCP services**

<http://www.communitycare.com/Practices/CancerCare/Screening/Colorectal>

<http://www.communitycare.com/Practices/CancerCare/>

<https://www.communitycare.com/Contact/Concierge-Care-Coordinator>

**Sources:**

[https://www.cdc.gov/cancer/colorectal/basic\\_info/screening/index.htm](https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm)

<https://www.cancer.gov/types/colorectal/screening-fact-sheet#q1>

<https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html>

[http://www.communitycare.com/old/About/colorectal\\_cancer\\_screening.asp](http://www.communitycare.com/old/About/colorectal_cancer_screening.asp)

<http://www.communitycare.com/Practices/CancerCare/Screening/Colorectal>

<http://www.communitycare.com/HealthInformation/colon-cancer.asp>

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