

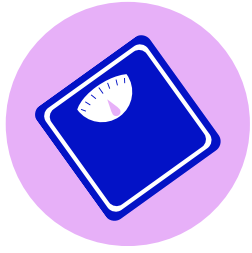
# COLORECTAL CANCER

Colorectal cancer (CRC) is a disease in which cells in the colon or rectum grow out of control

What are some of the **RISK FACTORS** for developing colorectal cancer?



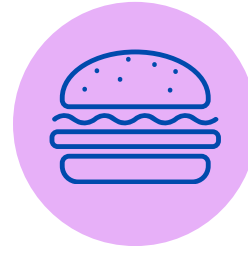
**Tobacco Smoking**



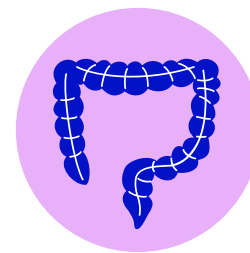
Living with **excess weight** or **obesity**



**Physical inactivity**



Diet high in **red & processed meat**



**Inflammatory bowel disease**



**Drinking alcohol**

## Did you know?

- CRC often starts as abnormal growths in the colon or rectum called **polyps**
- Over time, some polyps turn into cancer
- Regular **screening** can help identify cancerous polyps early, when they are easier to remove, or treat if needed

Some **important things** to know about colorectal cancer



**Early detection** is important  
More than 90% of people with early CRC and fewer than 15% with late CRC survive 5 years after diagnosis



CRC is the **second** leading cause of cancer death in males and **third** in females



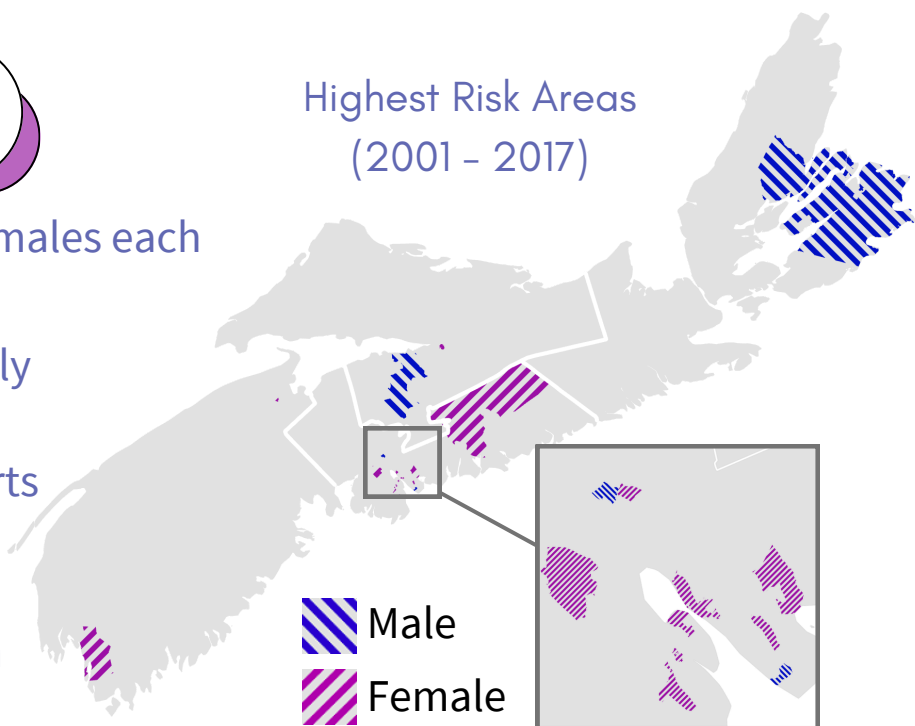
CRC is the **third most commonly diagnosed** cancer in Nova Scotia

## Colorectal cancer in **Nova Scotia**



- The rate of CRC has dropped 2.3% in females and 1.5% in males each year since 2008 in Nova Scotia
- CRC occurs throughout Nova Scotia. However, a persistently higher rate was seen in females in parts of Yarmouth, Halifax, Colchester, and Kings counties, and in males in parts of Cape Breton, Victoria, Hants, and Halifax counties over the period of 2001-2017
- About **10,000** cases of CRC are expected to be diagnosed in Nova Scotia in the next 10 years

Highest Risk Areas (2001 - 2017)



How can you **reduce your risk** of colorectal cancer?



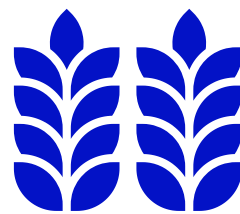
**Do not smoke tobacco**  
Try to **stop** if you do. Call 811 for help to quit



**Maintain a healthy weight** and increase **physical activity** in your daily life



**Do not drink alcohol**  
If you do, follow Canada's guidance on alcohol and health



**Eat a healthy diet** rich in fruit, veggies and dietary fibre. Limit intake of red & processed meat



## Get Screened

- **Early detection** is important for survival of CRC
- Regular screening is recommended every **2 years** if you are between **50 and 74 years old**
- If you are registered with **MSI** and are between **50 and 74**, a home screening test kit will be mailed to you **every 2 years**
- For questions about screening, contact the **Colon Cancer Prevention Program (1-866-599-2267)**