

Talk to your healthcare provider about regular cancer screening and find out when you should be screened for specific cancers.

If you don't have a primary healthcare provider, you can register for Health Care Connect by calling:

1-800-445-1822

For more information about colon cancer screening, symptoms, awareness, risks, and prevention, scan the QR code below or visit this link:

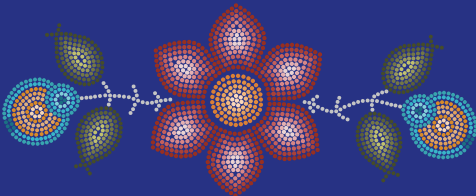
bit.ly/MNOColonCancer



Need a ride to get you to your cancer screening appointment? Reach out to OneMNO at:

ContactUs@metisnation.org or
1-800-263-4889 Ext. 7

to be connected to your local Community Support Services Coordinator.



Métis Nation
of Ontario 

COLON CANCER

Colon cancer, also known as colorectal cancer, is a type of cancer that develops in the large intestine, specifically the colon and rectum. It typically begins as abnormal cell growth that can form non-cancerous polyps, but some polyps can become cancerous if not detected and treated. The cancer cells can then grow into surrounding tissue and potentially spread to other parts of the body.

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AWARENESS

Colon cancer is the second leading cause of cancer deaths in Ontario. Colon cancer is a type of cancer that develops in the colon and rectum (also known as the large intestine or large bowel). Most colon cancers start as small growths (polyps).

SYMPTOMS

Colon cancer develops over time. Many people do not know they have colon cancer in its early stages as it may not cause any signs or symptoms. Please see your healthcare provider as soon as possible if any of the following problems occur:

- Blood (either very dark or bright red) in the stool
- New and persistent diarrhea, constipation or feeling that your bowel does not empty all the way
- New and persistent stomach discomfort
- You are losing weight and do not know why
- Unexplained anemia (drop in red blood cell count) that is caused by low iron

RISKS

If you are between the ages 50 to 74 without a parent, brother, sister or child who has been diagnosed with colon cancer, you are at average risk. If you

have a parent, brother, sister or child who has been diagnosed with colon cancer, you are at increased risk.

PREVENTION

A healthy lifestyle may reduce your chance of getting colon cancer, as well as many other diseases. Here are some simple things you can do:

- Maintain a healthy body weight
- Be physically active
- Eat a healthy diet
- Be smoke free
- Limit alcohol
- Be sun safe
- Get screened for colon cancer using FIT

SCREENING

Cancer screening is testing done on people who have no symptoms and generally feel fine, but are at risk of getting cancer. Regular screening is important because it can find some cancers or pre-cancers early when treatment has a better chance of working. If you are at average risk of getting colon cancer and have no symptoms, it is recommended that you get checked with the fecal immunochemical test (FIT) every two years. If you are at increased risk of getting colon cancer and have no symptoms, it is recommended that you get checked with a colonoscopy.

ColonCancerCheck is a screening program in Ontario that encourages men and women ages 50 to 74 to screen for colon cancer. ColonCancerCheck sends letters to eligible men and women ages 50 to 74 to get screened for colon cancer. These letters provide information on how to get screened.

You are eligible to get screened for colon cancer if you are at:

- Average risk
- Increased risk

FIT is a safe and painless test that can be done at home. FIT checks your stool for tiny drops of blood that can be caused by colon cancer or pre-cancerous polyps (growths that can turn into cancer over time). Your healthcare provider will tell you how to complete the test.

A colonoscopy is an exam in which a doctor looks at the lining of the entire colon using a long, flexible tube with a tiny camera on the end. During the colonoscopy, the doctor can also take biopsies (samples of tissues) or remove polyps.