


## Colorectal Cancer Palm Card

### Instructions:

1. **Print**
2. **Fold paper in half between palm card boxes**
3. **Cut around outside border of palm card boxes**



**Colorectal Cancer Screening Saves Lives**

If you are 45 or older, getting a colorectal cancer screening could save your life!

- ◆ Colorectal cancer usually starts from polyps or growth in the colon or rectum.
- ◆ Over time, some polyps can turn into cancer. Screening can find polyps, so they can be removed before they turn into cancer.
- ◆ Screening tests find colorectal cancer early and increase the chance of being cured.

**Symptoms of Colorectal Cancer:** A person can have polyps or colorectal cancer without having symptoms. When there are symptoms, they include:

- Bloody, black, or narrow stools (bowel movement).
- Pains, aches, or cramps in stomach that don't go away.
- Unexpected weight loss.
- If you have any of these symptoms tell your doctor. They may be caused by something other than cancer.
- Free screening may be available. Check this website:  
[www.suffolkcountyny.gov/cancerawareness](http://www.suffolkcountyny.gov/cancerawareness)

**Prevention is the best medicine.** Research shows that 45 percent of colorectal cancers can be prevented through diet, physical activity and maintaining a healthy weight.