

March is Colon Cancer Awareness Month!

Do you know the facts?



In 2016, there were...

- **21,600 new cases***

2nd highest incidence rate by cancer

- **9,300 deaths***

2nd highest mortality rate by cancer

**Colon cancer is 100%
PREVENTABLE & CURABLE
when detected early!**

[Learn more now](#)

*Canadian Cancer Statistics 2016

Understanding Colon Cancer

**Colon
Cancer**

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President, Canadian Association of Gastroenterology

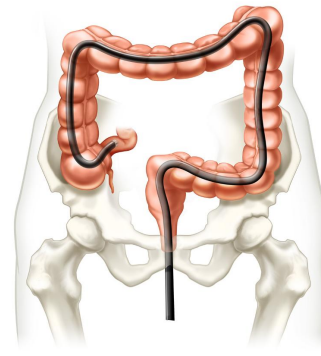
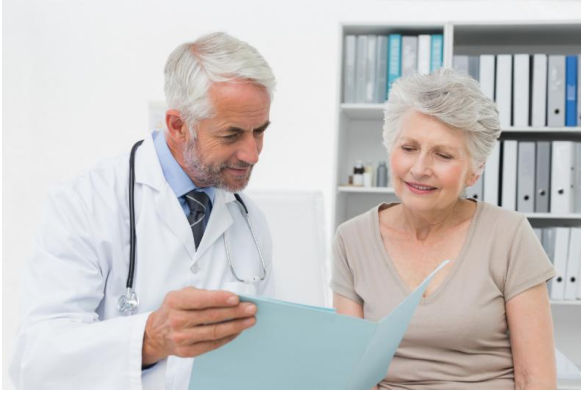
Healthy Gut Summit

Colorectal cancer, or colon cancer, occurs in the colon or rectum. Most colon cancers develop first as polyps, which are abnormal growths inside the colon or rectum that may later become cancerous if not removed.

Dr. Armstrong will help you understand the symptoms, stages and tips for preventing colon cancer in this short presentation.

**Colon Cancer
Are You at Risk?**

**Colon Cancer Screening
Tests Save Lives**



Some people are more likely to develop colon cancer than others. **To understand your risk, ask yourself these three questions:**

- Are you 50 years old or older?
- Do you have a family history of colon cancer?
- Do you have a diagnosis or family history of hereditary syndromes linked to colon cancer?
- Do you have Crohn's disease or ulcerative colitis?
- Have you ever been diagnosed with polyps or early stage colon cancer?
- Are you obese?
- Do you smoke?

If you answered **yes** to some of these questions, you may have a higher-than-average risk of developing colon cancer and should speak to your doctor about getting screened. This brief consultation is important and could save your life.

[Learn more now](#)

Colon cancer is almost entirely preventable. Screening tests help your doctor find polyps or cancer before you even have symptoms. This early detection may prevent polyps from becoming cancer and could jumpstart treatment earlier, when it is more effective.

From colonoscopy to at-home stool tests, there's an option for everyone. If you're over 50, high risk or symptomatic, **don't put it off.** Below are some of your screening options:

- **Colonoscopy** - Simple and SAFE procedure in which your doctor uses a long tube with a light and camera to detect polyps
- **Fecal Immunochemical Test (FIT or iFOBT) or Fecal Occult Blood Test (FOBT)** - Tests for blood. Swab bowel movement and place on card
- **Flexible Sigmoidoscopy** - detects polyps. Done at the doctors' office

[Learn more now](#)

Save the Date!

Our most exciting fundraising events is back!

Whether you are new to cycling or a veteran racer, we want YOU on our team.

Join us this September 15 - 17 for the CDHF RISE Revolution Cycling event!

[REGISTER NOW](#)





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Helping you take control of your digestive health with confidence & optimism.

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