

## COMPLICATIONS OF COLONOSCOPY

- ❖ Sedation risks
- ❖ Bleeding
- ❖ Perforation (hole in the bowel)
- ❖ Infection
- ❖ Abdominal pain or discomfort from air in the colon used during the procedure

Talk to your doctor today about scheduling your routine colonoscopy and ask any questions you may have. **It could save your life.**

- ❖ Report all medical history to your doctor before scheduling your colonoscopy.
- ❖ Patients with heart conditions may need to see their heart doctor before scheduling their colonoscopy.

# Colon Cancer

Know the facts

YOUR LOGO  
HERE

**Company Name**

**Street Address**

**Address 2**

**City, ST ZIP Code**

**Phone (704) 555-0125**

**Fax (704) 555-0145**

**Web site address**

**ARE YOU OVER 50?**

## FACTS

- ❖ COLON CANCER KILLS 1-20 AMERICANS EACH YEAR
- ❖ 93,090 NEW CASES WILL BE DIAGNOSED IN 2015
- ❖ 49,700 ESTIMATED PEOPLE WILL **DIE** FROM COLON CANCER IN 2015
- ❖ AFFECTS MALES AND FEMALES THE SAME

## SIGNS & SYMPTOMS OF COLON CANCER

- ❖ Rectal bleeding
- ❖ Blood in the stool or toilet after having a bowel movement.
- ❖ Change in bowel habits (constipation or diarrhea).
- ❖ Cramping in the lower abdomen
- ❖ Loss of appetite
- ❖ Unexplained weight loss

## RISK FACTORS FOR COLON CANCER:

- ❖ Age 50 and older
- ❖ Family history of colon cancer
- ❖ Obesity
- ❖ Tobacco use
- ❖ Low activity level
- ❖ Heavy alcohol intake
- ❖ Frequent eating of red meat
- ❖ Low calcium intake
- ❖ Low intake of vegetables, fiber, whole grains, and fruits

## WHAT CAN YOU DO?

- ❖ Talk to your doctor about scheduling your colonoscopy today.
- ❖ Early detection is key to prevention of colon cancer.
- ❖ Have your colonoscopy at age 50.
- ❖ If you have a family history of colon cancer, start having your screenings at 40.

## FACTS ABOUT COLONOSCOPIES

- ❖ You are asleep during the procedure
- ❖ It is not painful
- ❖ A bowel preparation is required
- ❖ Someone has to drive you home after the procedure

