

Colorectal Cancer Awareness

Our gut is a powerful and complicated system that can easily get out of balance with the influence of:

- Nutrition, Stress, and Lifestyle habits

The colon (large intestine) is a part of the digestive system that helps absorb water and minerals and eliminate waste. If cells grow abnormally in the colon or rectum, colon polyps may form. Depending on the type of polyp, it might turn into colorectal cancer (colon cancer) over time.¹



How common is colorectal cancer?

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society's estimates for the number of colorectal cancers in the United States for 2024 are:

- About 106,590 new cases of colon cancer (54,210 in men and 52,380 in women)
- About 46,220 new cases of rectal cancer (27,330 in men and 18,890 in women)²

There are different types of colon cancer screenings.

Be sure to talk with your doctor about which one may be right for you.

Stool test: There are three types of stool tests. Each can be done every 1 or 3 years.

Flexible sigmoidoscopy: Your doctor inserts a little lighted tube into your rectum and lower part of the colon to check for polyps or cancer. This is done every 5 -10 years.

Colonoscopy: This checks the rectum and the whole colon. During a colonoscopy, the doctor may remove anything suspicious. This screening is done every 10 years for people at average risk or more often depending on your risks.

Virtual colonoscopy: This uses X-rays and computers to create images of your colon for the doctor to analyze. This can be done every 5 years

¹ [Colon cancer symptoms and treatment | UnitedHealthcare \(uhc.com\)](#)

² [What Is Colorectal Cancer? | How Does Colorectal Cancer Start? | American Cancer Society](#)



Health Engagement Nurses Wendy & Whitney – We are available to help you and your family make better health care decisions, refer you to appropriate wellness and clinical programs, and demonstrate how to navigate UnitedHealthcare tools and resources. Do you need a Primary Care Physician? Contact the Health Engagement Nurses for more information!

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