



Colorectal Cancer Awareness

What Is Colorectal Cancer? Colorectal cancer is cancer that occurs in the colon or rectum. It can also be referred to as colon cancer.

The American Cancer Society (ACS) recommends the below cancer screening guidelines for most adults. Screening tests are used to find cancer before a person has any symptoms.

Starting at age 50, both men and women should follow one of these testing plans:

Test options that find polyps and cancer

Flexible sigmoidoscopy every 5 years*

Colonoscopy every 10 years

Double-contrast barium enema every 5 years*

CT colonography (virtual colonoscopy) every 5 years*

Test Options that mostly find cancer

Yearly guaiac-based fecal occult blood test (gFOBT)**

Yearly fecal immunochemical test (FIT)**

Stool DNA test (sDNA) every 3 years*

* If the test is positive, a colonoscopy should be done.

** The multiple stool take-home test should be used. One test done in the office is not enough. A colonoscopy should be done if the test is positive.

The tests that can find both early cancer and polyps should be your first choice if these tests are available and you're willing to have one of them.

Talk to a health care provider about which test is best for you.

If you are at high risk of colon cancer based on family history or other factors, you may need to be screened using a different schedule. Talk with a health care provider about your history and the testing plan that's best for you.

*Refer to the American Cancer Society Screening Guidelines
for further explanations or questions.*



Kidney Cancer Awareness

Kidney cancer is among the 10 most common cancers in both men and women. The average age of people when they are diagnosed is 64 and it is very uncommon in people younger than age 45. Overall, the lifetime risk for developing kidney cancer is about 1 in 63 (1.6%).

Signs and Symptoms

Early kidney cancers do not usually cause any signs or symptoms, but larger ones might. Some possible signs and symptoms of kidney cancer include:

- Blood in the urine (hematuria)
- Low back pain on one side (not caused by injury)
- A mass (lump) on the side or lower back
- Fatigue (tiredness)
- Loss of appetite
- Weight loss not caused by dieting
- Fever that is not caused by an infection and that doesn't go away
- Anemia (low red blood cell counts)



These signs and symptoms can be caused by kidney cancer (or another type of cancer), but more often they are caused by other, benign, diseases. For example, blood in the urine is most often caused by a bladder or urinary tract infection or a kidney stone. Still, if you have any of these symptoms, see a doctor so that the cause can be found and treated, if needed. (www.cancer.org)

Multiple Myeloma Awareness

Facts about Multiple Myeloma



- It is the second most common blood cancer.
- It is a cancer which is found in the bone marrow.
- There are no risk factors you can avoid to prevent the disease
- Common risk factors found in those diagnosed are male, over 65, African American, and have had radiation exposure.