

Temiskaming Hospital

March 24, 2010

Colorectal Cancer Awareness Month

Would it surprise you to learn that colorectal cancer is the second deadliest cancer in Canada and that Ontario has one of the highest rates of colorectal cancer in the world?

During the early stages there are no symptoms, but as the cancer progresses the following symptoms may occur :

- A change in your bowel movements
- Blood (either bright red or very dark) in your stool (feces)
- Diarrhea, constipation or feeling that your bowel does not empty completely
- Stools that are narrower than usual
- Stomach discomfort
- Unexplained weight loss
- Fatigue
- Vomiting

Because there are often few, if any warning symptoms of the disease, the most effective prevention measure you can take is to undergo regular screening. Enough can't be said about the importance of screening in preventing, detecting and curing colorectal cancer. It's your best line of defense when it comes to protecting yourself from this deadly disease.

The Fecal Occult Blood Test (FOBT) is a common screening method for average risk people aged 50 and over. It's a simple test that you can do in the privacy of your home. You can get a free kit from your health care provider.

Individuals who are at increased risk of getting colorectal cancer may need to begin screening for the disease at a younger age with a colonoscopy being the more appropriate screening tool.

Talk to your health care provider about your family history and the screening method that is right for you. If you do not have a health care provider, call Health Care Connect at 1-800-445-1822.



Temiskaming Hospital
(705) 647-8121
www.temihosp.on.ca

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