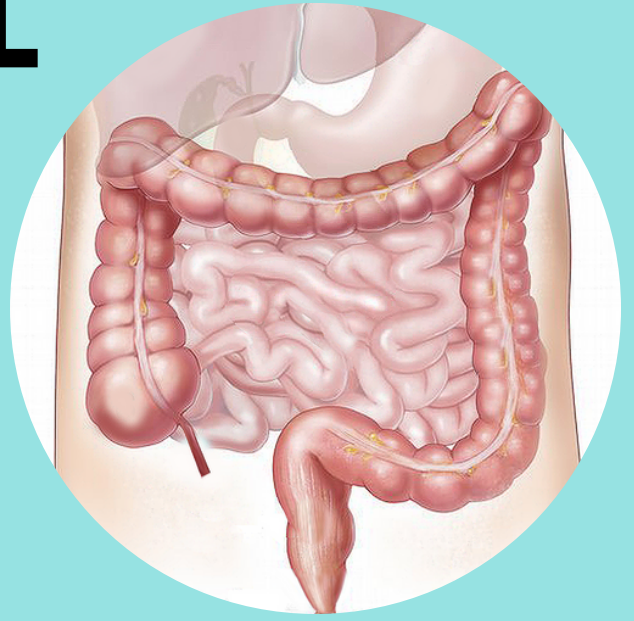


WHAT IS COLORECTAL CANCER?

A cancer that forms in the colon or rectum (the intestine).

Abnormal growths called "polyps" can form on the lining of the intestine and may become cancerous.



DEMOGRAPHICS

It is the third leading cause of cancer death among **Asian American, Native Hawaiian, and Pacific Islander** (AANHPI) men and women. Among AANHPI subgroups, incidence rates are lowest in Asian Indians or Pakistanis and highest in Japanese.¹



SYMPTOMS

Although colorectal cancer does not always cause symptoms, symptoms may include:

- Bloody stool
- Persisting stomach pains, aches, or cramps
- Unexplained weight loss

INCIDENCE RATES

In 2015, there were 28.8 new cases of reported colorectal cancer per 100,000 people who were of Asian or Pacific Islander descent. Of those new cases, **33.2 per 100,000** were male while **25.2 per 100,000** were female.²

PREVENTION

How you can lower your risk of developing colorectal cancer:



1

GET SCREENED

With early detection, many polyps can be found and removed before they become cancerous.

★ Adults **45 years and older** should get regular screenings.

2

QUIT SMOKING

Smoking is associated with other cancers besides lung cancer.

3

LIMIT ALCOHOL

2 drinks per day for men and 1 drink per day for women

4

PHYSICAL ACTIVITY

Be active on a regular basis - aim for moderate to vigorous intensity

5

HEALTHY EATING

Limit consumption of red and processed meats.

Eat **more** fruits, vegetables, and whole grains.



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SOURCES:

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2. <https://gis.cdc.gov/Cancer/USCS/DataViz.html>
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https://www.cdc.gov/cancer/colorectal/basic_info/symptoms.htm

Asian Pacific Partners for Empowerment, Advocacy, & Leadership (APPEAL) is a national health justice organization working to achieve health equity for Asian Americans, Native Hawaiians, Pacific Islanders, and other underserved communities.