



# MARCH IS COLORECTAL CANCER AWARENESS MONTH



## Why It Matters

**Colorectal Cancer is one of the top cancer risks in American Indian and Alaska Native (AI/AN) populations - with higher diagnosis and death rates than White populations**

## Did You Know?

- Colorectal cancer is the third leading cause of cancer-related death in AI/AN men and women.
- AI/AN individuals face more advanced-stage diagnoses due to lower screening rates and limited early detection.

## Risk Factors

- Overweight / obesity
- Sedentary lifestyle
- Diet low in fiber and high in processed foods and red meat
- Commercial tobacco use
- Alcohol consumption
- Age (over 45)
- Family history of colorectal polyps or cancer
- Inflammatory bowel disease
- Type 2 diabetes

## What to Watch For

- Change in bowel habits for over 1 week
- Rectal bleeding or blood in stool
- Abdominal pain, cramps, bloating
- Unexplained weight loss or tiredness
- Urgent need to use the bathroom even after already going

## Take Action!

- Get screened starting at age 45 if you're at average risk
- Share family history to identify early screening needs
- Talk to your Patient Navigator or healthcare provider about the best options for you

## Screening Options

- FIT Test - order online or through your Patient Navigator
- DNA Test (Cologuard) - ordered by your healthcare provider
- Colonoscopy - ages 45-75

For more information about cancer for AI/AN and cancer screenings, contact your Tribal Patient Navigator, visit [americanindiancancer.org/colorectal-cancer](http://americanindiancancer.org/colorectal-cancer) or

Scan Me

