Colon Cancer in Northern Plains American Indians

What is Colon Cancer?

Cancer is a disease in which cells in the body grow out of control.

Colon cancer can happen in the lower part of your digestive system: large intestine (colon) and rectum.

How Does Colon Cancer Start?

Most colon cancer starts as small, noncancerous (benign) clumps of cells called polyps.

Over time some of these polyps may become colon cancer.

Health care providers suggest regular screenings to find polyps or to find cancers early.

There are often no symptoms in its early stages

Screening Saves Lives

If found **EARLY**, 9 out of 10 survive.

If found **LATE**, 1 out of 10 survive.

How Can Colon Cancer Impact Northern Plains American Indians?

Colon Cancer is 53% higher in Northern Plains American Indians

Who is at Risk for Colon Cancer?

Everyone ages 50-75, especially American Indians.

- People who:
  - Have a family history of colon cancer
  - Smoke cigarettes
  - Are not physically active
  - Eat fatty foods
  - Are very overweight or obese

What Can I Do?

There is more than one way to get screened.
Ask your health care provider for options.

Visit www.AICAF.org/colon for more information.