



What is

COLORECTAL CANCER ?



Colorectal Cancer or Colon Cancer
is a **CANCER** in the colon (large intestine or large bowel)

Many colon cancers start as small growths called a polyp that can be removed, so colon cancer is

PREVENTABLE.



Who is at Risk?

EVERYONE as we get older is at risk for colon cancer. It is recommended that everyone living in the United States have a screening exam to **DECREASE RISK** between the ages of 45 years and 75 years.

Even those who eat and live healthily and do not have a family history are at risk for colon cancer.

How can I Protect Myself?

Talk to your doctor about whether you should have a test (stool test or colonoscopy) to look for **PRE-cancerous** changes in your colon.

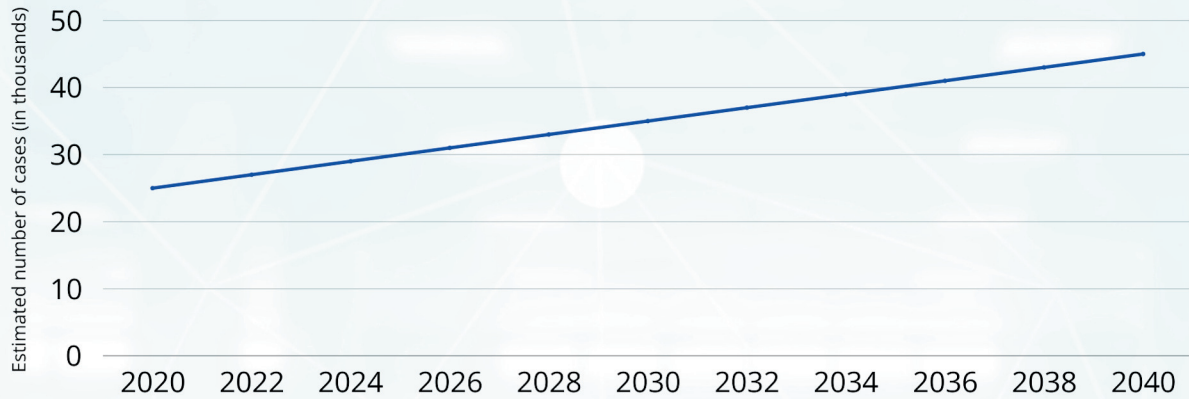




South Asians (Desi's) get colon cancer too!

Estimated number of new colon cancer cases from 2020 to 2040, both sexes, age (45-74)

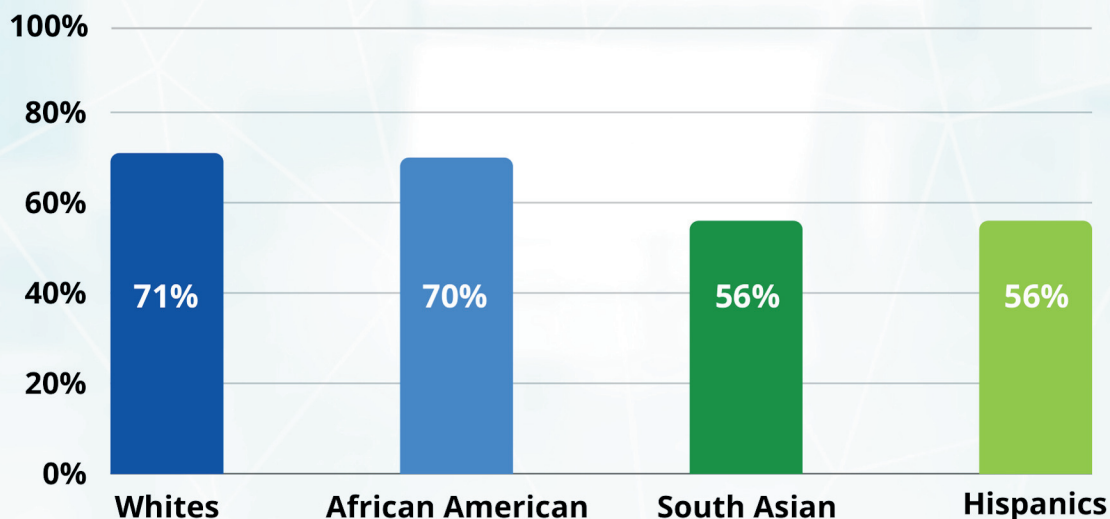
Bangladesh + Sri Lanka + India + Nepal + Pakistan



The number of cases of colon and rectal cancer and deaths from this in South Asian countries is rising rapidly.

So colon cancer is NOT just a Western problem!

South Asians have the lowest colon cancer screening rates in America



If you are 45 years to 75 years old, talk to your doctor about whether you should get screened for colon cancer.

If your doctor recommends testing, but you have trouble getting it done, India Home is here to help.

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