

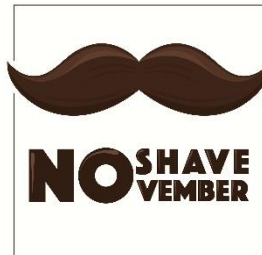


Kentucky Public Health

Prevent. Promote. Protect.

There is Hope for Preventing Colon Cancer

52 Weeks of Public Health Spotlight: No Shave November



Released November 15, 2017



FRANKFORT, Ky. (November 15, 2017) – “No Shave November” is a cancer awareness campaign designed to encourage individuals to grow their hair wild and free in honor of cancer patients during the month of November. As a part of the 52 Weeks of Public Health Campaign, the Kentucky Department for Public Health within the Cabinet for Health and Family Services is joining organizations nationwide to raise awareness about the #2 cause of cancer deaths in America, colon cancer.

Despite being the #2 cause of cancer deaths, there are few cancers that are as easily preventable as colorectal (colon) cancer. Although colon cancer is the most easily preventable cancer, rarely is it diagnosed at an early and treatable stage, because unfortunately people do not recognize the signs and symptoms of the disease. Early signs and symptoms of colon may include:

- Rectal bleeding
- Change in bowel movement frequency
- Change in stool size
- Unexplained anemia (low red blood cells)
- Unexplained weight loss
- Frequent abdominal pain
- Constant tiredness
- Vomiting

Colon cancers often times develop from precancerous polyps (abnormal growths) in the colon or rectum. Detection of the pre-cancerous polyps can be found through screenings such as colonoscopy, sigmoidoscopy, barium enema or virtual colonoscopy. Screenings for colon cancer should be done on men and women starting at 45 to 50 years of age and thereafter as deemed necessary by your health care provider and screening results.

“Although screening is the best way to decrease the risk of colon cancer, improving your overall health with a few healthy living style choices will decrease your chances of developing colon cancer,” says Deputy Commissioner, Dr. Jeffrey D. Howard.

Recent studies indicate that certain lifestyle choices may increase your risk of colon cancer.

- Eat nine servings of fruits and vegetables each day
- Maintain a normal weight
- Limit fat in your diet
- Limit alcohol consumption
- Avoid tobacco, including smokeless products
- Get regular physical exercise

To learn about how you can get screened for colon cancer, visit the [Kentucky Colon Cancer Screening Program website](#).

Interested in learning more about healthy Kentucky lifestyle? Through our 52 Weeks of Public Health campaign, the Kentucky Department for Public Health will spotlight public health issues as well as highlight services and resources available to Kentuckians statewide. Follow us on [Facebook](#) for your weekly tip.