



Colorectal cancer is cancer of the colon or rectum. Equally common in men and women, an estimated 147,000 people will be diagnosed with colorectal cancer this

year. With recommended screening, this cancer can be prevented (by removing polyps before they become cancerous) or detected early, when it can be more easily and successfully treated.

Who is at Risk?

- Men and women age 50 and older
- People who use tobacco, are obese or are sedentary
- People with a personal or family history of colorectal cancer or benign polyps
- People with a personal or family history of inflammatory bowel disease, such as ulcerative colitis or Crohn's Disease

What you can do to reduce your risk?

- Exercise regularly
- Maintain a healthy weight
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and grains
- Consume calcium-rich foods like low-fat or skim milk
- Limit red meat consumption
- Avoid processed meats
- Don't smoke
- Don't drink alcohol excessively

The goal of screening for colorectal cancer is to find polyps and cancers before they cause symptoms. If you are at average risk for colorectal cancer, recommended screenings should start at age 50. If you are at greater risk, speak with your doctor about starting regular screenings at an earlier age.

Tests that find pre-cancer and cancer:

- Colonoscopy: Every 10 yrs
- Flexible sigmoidoscopy: Every 5 yrs
- Double-contrast barium enema: Every 5 yrs

Tests that mainly find cancer:

- Fecal occult blood test (FOBT): Yearly
- Fecal Immunochemical test (FIT): Yearly
- Stool DNA Test (sDNA): Ask your physician

An abnormal result of a double-contrast barium enema, as well as a positive FOBT, FIT or sDNA test, should be followed up with a colonoscopy.

Symptoms

Early stages of colorectal cancer do not usually have symptoms. Advanced disease may cause:

- Rectal bleeding or blood in stool
- Change in bowel habits or stools that are narrower than usual
- Stomach discomfort (bloating, cramps)
- Diarrhea, constipation or feeling that the bowel does not empty completely
- Unexplained weight loss
- Constant fatigue
- Vomiting
- Jaundice

If you feel that you have any of these symptoms, call your doctor immediately. Other conditions such as infections, hemorrhoids and inflammatory bowel disease can also cause these symptoms.

Treatment

Surgery is the most common treatment. If the cancer has spread, chemotherapy or radiation is given before or after surgery.



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Want
You!**

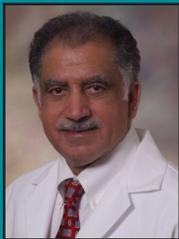
**Early detection is the
best way to fight
colorectal cancer!**

Your Physician Team



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CONEMAUGH HEALTH SYSTEM

The Conemaugh Health System

Conemaugh Health System (CHS) is the largest healthcare provider in West Central Pennsylvania with more than 4,500 employees and 350 physicians, serving over a half-million patients each year through a network of hospitals, specialty clinics and patient focused programs.

The Conemaugh Physician Group

The Conemaugh Physician Group is a growing, multi-specialty group practice of 110+ physicians who provide primary and specialty care at practice locations in Cambria, Somerset, Bedford, Indiana and Westmorland Counties. Through its affiliation with Conemaugh Health System, Conemaugh Physician Group physicians are part of an organization with nationally recognized excellence in clinical outcomes and patient satisfaction, CPG physicians practice at Conemaugh hospitals and as well as community hospitals throughout the region.

Need a primary care physician or physician specialist?

Visit www.conemaugh.org



Thank you to WTAJ for partnering with us on this important awareness campaign.



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CONEMAUGH HEALTH SYSTEM

Colorectal Cancer

What you should know.

**We
Want
You!**



**Early detection
can save your life!**