

# HealthyActions

Achieving Your Goals for Healthy Living



## Colon Cancer Quiz

There are over 1 million survivors of colorectal cancer in the United States.

Colorectal cancer is cancer of the colon or rectum. The colon and rectum form a long tube that absorbs water and cleans your body of waste. Take this quiz to test your understanding of colon cancer.

### Quiz: Symptoms of Colorectal Cancer

**1. True or False:**

I will know if I have colorectal cancer because I will feel pain.

**2. Which of these is a symptom of colorectal cancer?**

- A. Blood (either bright red or very dark) in your stool
- B. Losing weight for no known reason
- C. Having stools that are narrower or thinner than usual
- D. Having nausea or vomiting
- E. All of the above

**3. True or False:**

If I don't have a family history of colorectal cancer and I feel fine, I don't need to see my doctor about getting tested for colorectal cancer.

**4. True or False:**

Feeling that your bowel is not emptying completely is a symptom of colorectal cancer.

**5. True or False:**

If my doctor tells me I have polyps, it means I have cancer.



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## Quiz Answers

- 1. False.** Usually, cancer in its early stages does not cause pain. Don't wait until you feel pain! Starting at age 50 or if you have a family history of colon diseases, you should get screened for colorectal cancer.<sup>1</sup> Talk to your doctor about which test is right for you.
- 2. Answer is E. All of the above.** All of these can be signs of colorectal cancer.<sup>2</sup> But other less serious health problems can cause the same symptoms. If you have any of these symptoms, see your doctor as soon as possible.
- 3. False.** Remember—when cancer is in its early stages, there may be no symptoms at all.<sup>1</sup> Colorectal cancer can grow for years without you feeling any pain or discomfort or having any symptoms. The American Cancer Society urges all people 50 and over to get screened for colorectal cancer.
- 4. True.** If you feel like you still have to go, after you have had a bowel movement, this could be a sign of colorectal cancer.<sup>2</sup> It might also be a symptom of some other less serious type of health problem. It is important to see your doctor.
- 5. False.** Polyps (PAH-lips), are small balloon-shaped pouches in the colon or rectum that may contain cancer cells, but they are usually not cancerous.<sup>3</sup> Polyps are common in people over 50.<sup>4</sup> They usually don't cause symptoms but can be felt or seen if your doctor tests for them. If polyps are found, your doctor can remove them.

### References

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