

March is Colorectal Cancer Awareness Month.

(KLZA)--The American Cancer Society says excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. It is also the second leading cause of cancer death among both genders, combined.

It is projected that colorectal cancer will cause more than 51-thousand deaths in 2019.

Also known as colon cancer, screening tests can find the polyps in the colon or rectum that develop into cancer. This type of cancer is almost always preventable through these tests.

Symptoms of Colorectal cancer may not cause symptoms right away. Symptoms include a change in bowel habits; a feeling that you need to have a bowel movement that's not relieved by having one; rectal bleeding with bright red blood; blood in the stool, which may make the stool look dark; cramping or abdominal pain; weakness and fatigue and unintended weight loss.

Screening is advised for all individuals 50 years of age or older, or younger for those with a family history of colorectal cancer.

The Southeast District Health Department is offering Fecal Occult Blood Test kits to anyone age 50 – 75 at distribution sites throughout Richardson, Pawnee, Nemaha, Johnson and Otoe counties.

For more information or to obtain a FOBT kit, contact Southeast District Health Department by calling toll free 1-877-777-0424 or visit www.sedhd.org

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