



ADAM,
Colorectal Cancer Survivor

We're Working Toward Healthier Tomorrows

Methodist Healthcare has been one of the country's most trusted providers of adult and pediatric cancer programs since 1993.

Follow these tips to reduce your risk for **COLORECTAL CANCER**

Eat

a healthy diet, don't smoke and drink alcohol only in moderation.

Exercise

45 to 60 minutes per week. When you move, your bowels move too!

Find Out

if your family has a history of colon cancer or benign polyps to assess your risk.

Talk

to your doctor if you have a medical condition that increases your risk of colon cancer, like inflammatory bowel disease, and discuss the right age to start colorectal cancer screenings.

Know

the common symptoms of colon cancer, like rectal bleeding, continuous abdominal pain, fatigue and sudden weight loss.

How Common is Colorectal Cancer?

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society's estimates for the number of colorectal cancer cases in the United States for 2021 were:

- 104,270 new cases of colon cancer
- 45,230 new cases of rectal cancer

Overall, the lifetime risk of developing colorectal cancer is about **1 in 23** (4.3%) for men and **1 in 25** (4%) for women.

In the U.S., colorectal cancer is the third leading cause of cancer-related deaths in men and in women, and the second most common cause of cancer deaths when men and women are combined. It caused about 53,000 deaths during 2021.

FREE Colorectal Cancer Health Risk Assessment

With colon cancer on the rise among adults between ages 20 and 54, it's important to be proactive with your health. As part of Colorectal Cancer Awareness Month why not check your health and take our FREE HealthMatters colorectal cancer risk assessment at SAHealth.com/colorectalcancer.

The Methodist Cancer Network

Methodist Healthcare is part of Sarah Cannon, the Cancer Institute of HCA Healthcare. Our family of hospitals provides comprehensive cancer services with convenient access to cutting-edge therapies for people facing cancer in our communities. From diagnosis, to treatment and survivorship care, our oncology expertise ensures you have access to locally-trusted care with the support of a globally-recognized network.

- 8 Acute Care Hospitals
- 4 Ambulatory Surgery and Endoscopy Centers
- Advanced endoscopy offering Endoscopic Ultrasound (EUS) to more precisely diagnose cancers
- Support of a colorectal nurse navigator
- Robotic Surgery options
- Genetic counseling and risk assessment

“It started with normal stomachache type pain. It gradually got worse, it was just excruciating.

ADAM, AGE 32
SAN ANTONIO, TEXAS



SCAN TO WATCH ADAM'S STORY
AND TAKE OUR COLORECTAL
CANCER HEALTH RISK ASSESSMENT.

March is National Colorectal Cancer Awareness Month

TAKE OUR FREE COLORECTAL CANCER HEALTH RISK ASSESSMENT

At just 29 years old, Adam knew that his persistent stomach pains were out of the norm. A screening colonoscopy confirmed that he had nearly 40 polyps in his large intestine. Adam turned to the doctors at the Methodist Hospital | Metropolitan for life saving treatment and reconstruction from his colorectal cancer.

At Methodist Healthcare, our multidisciplinary team of gastroenterologists, oncologists, colorectal surgeons, pathologists, radiologists and other medical professionals take a diverse approach to colon and rectal (colorectal) cancer treatment. Our colorectal cancer program maintains the highest standards in the region, with personalized, compassionate care for patients on their journey from discovery to recovery.



METHODIST HEALTHCARE | SAHealth.com/colorectalcancer