



## MSK Direct

Memorial Sloan Kettering is recognized as a world leader in the prevention, diagnosis, and treatment of colorectal cancer. As a comprehensive cancer center, we know that cancer care isn't just about medicine. We're also committed to caring for the community with cancer prevention, wellness, and screening education to keep you healthy and well.

NYCDCC Welfare Fund partners with MSK to offer MSK Direct, a program that provides guided access to expert clinical care as well as practical and emotional support.

## Trust Your Gut Your Guide to Preventing Colorectal Cancer

For more information, call the NYCDCC Welfare Fund dedicated MSK Direct line at **833-786-3368**.

### WHAT IS COLORECTAL CANCER?

The colon and rectum are both part of the large intestine, which is sometimes called the bowel. Cancers of both organs are often grouped together as colorectal cancer.

Caring for your colon and rectum could save your life. Colorectal cancer often develops slowly over several years. It typically starts as a small abnormal growth on the inner lining of the colon or rectum called a polyp. Some polyps can eventually grow into cancer.

### WHAT IS A COLORECTAL CANCER SCREENING (COLONOSCOPY)?

During a colonoscopy, a thin, flexible tube with a light and a video camera on its tip is placed in your colon so a doctor can search for polyps. A tool at the end of the scope can remove polyps if they are found. A colonoscopy is the only screening method that not only detects cancer at its earliest stages but can also prevent it.

### WHEN SHOULD YOU BE SCREENED?

#### Under Age 50

- Make sure you understand the symptoms of colorectal cancer listed on the next page.
- Know your family history and inherited risk factors.
- Talk to your doctor about when to be screened.

#### Age 50 and Over

- Everyone in this group should be screened with a colonoscopy.
- Talk to your doctor to schedule your colonoscopy.

### WHAT SHOULD YOU EXPECT THE DAY BEFORE YOUR COLONOSCOPY?

Your care team will give you directions on how to clear out your bowel. While it may seem unpleasant, it is important to follow these procedures. Remember: Colonoscopies are the gold standard for the prevention and detection of colorectal cancer.

### WHAT SHOULD YOU EXPECT THE DAY OF YOUR COLONOSCOPY?

You will be asleep under sedation during the exam and monitored throughout and after your colonoscopy until you are fully awake.

You must have a responsible care partner take you home after your procedure.

After your colonoscopy, ask your doctor about how often you should be screened.

### RISK FACTORS YOU CAN CONTROL



Eat **fewer** red, processed, or charred meats.



Some people who regularly use **aspirin or other nonsteroidal anti-inflammatory drugs** may have a **lower risk of colorectal cancer and polyps**.

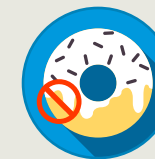
You should only take aspirin under a doctor's direction as research suggests that not all people benefit.



Maintain a **healthy weight**.



Eat more **fruits and veggies**.



**Limit** sugar and fat.



**Avoid** using tobacco products.



**Cut down** on alcohol.



Get up and **move!**



Be **sun smart**.



Schedule regular **checkups**.

## RISK FACTORS YOU CAN'T CONTROL



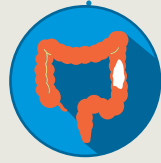
### Age

- Most colorectal cancer occurs after age 50.



### A family history of

- Lynch syndrome
- familial adenomatous polyposis
- colorectal cancer
- certain other cancers, including endometrial, ovarian, gastric, urinary tract, brain, and pancreatic



### A personal history of

- long-standing inflammatory bowel disease (eight-plus years), such as ulcerative colitis or Crohn's disease
- precancerous polyps
- a previous colorectal cancer

## DID YOU KNOW?



Colorectal cancer is the **third most common cancer** diagnosed in both men and women in the United States.<sup>1</sup>



Approximately **145,000 new cases** are diagnosed in the United States each year — **16 people every hour.**<sup>1</sup>

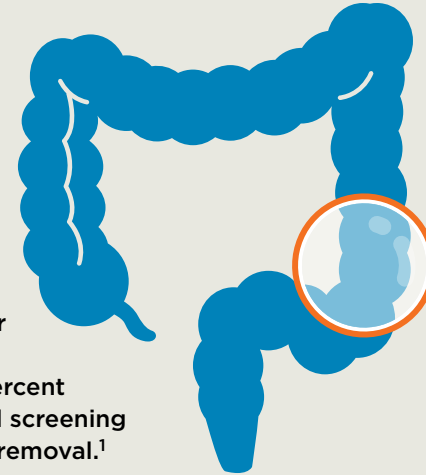
Colorectal cancer has a **90 percent survival rate** if caught early.<sup>2</sup>



By 2030, cases of colorectal cancer in **people under 50** are expected to nearly double.<sup>3</sup>



For people **age 50 or older**, colorectal cancer diagnoses have **decreased 30 percent** due to increased screening rates and polyp removal.<sup>1</sup>



SOURCES: <sup>1</sup>American Cancer Society; <sup>2</sup>American Society of Clinical Oncology; <sup>3</sup>JAMA Surgery 2015



## OUR LOCATIONS

### New York

Memorial Sloan Kettering Cancer Center  
MSK Commack  
MSK Nassau  
MSK Ralph Lauren Center  
MSK Westchester

### New Jersey

MSK Basking Ridge  
MSK Bergen  
MSK Monmouth

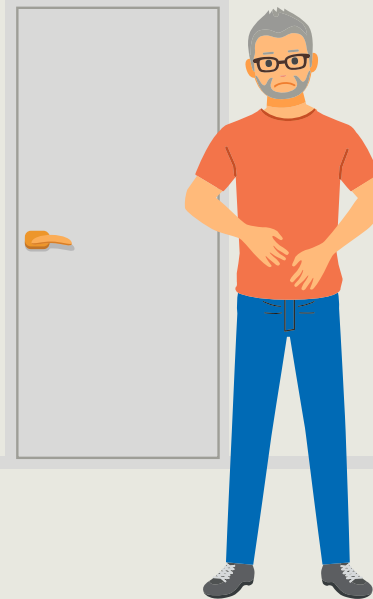
## CENTER FOR YOUNG ONSET COLORECTAL CANCER

Real progress is being made against colorectal cancer, as more people are screened and treatment options improve. But recently there has been a troubling rise in colorectal cancer among people as young as their 20s and 30s who have no history of the disease and few if any risk factors. MSK's Center for Young Onset Colorectal Cancer is the first clinic of its kind in the world dedicated solely to the specific needs of people under 50 who have colorectal cancer.

## SYMPTOMS OF COLORECTAL CANCER

While there are often no symptoms in early stages, there are signs you should not ignore:

- rectal bleeding or blood in the stool
- changes in your bowel habits — diarrhea, constipation, narrow stool — lasting more than a few days
- a persistent urge to use the bathroom
- unexplained abdominal pain lasting more than a few days
- unintended weight loss
- unexplained fatigue
- anemia



These symptoms usually do not mean you have colorectal cancer, but you should contact your doctor if any of these problems are severe or last longer than you think they should.

## CONTACT

NYCDCC Welfare Fund has a partnership with MSK through MSK Direct, which offers guided access and personalized support.

To contact MSK Direct, call the NYCDCC Welfare Fund dedicated phone line at **833-786-3368**.

To schedule a colonoscopy, speak with your doctor or health plan.



Memorial Sloan Kettering  
Cancer Center

