



Common Cancers in Clay County

SCREENING & RISK AWARENESS

Colorectal Cancer

Who's at Risk?

- Adults aged 45+
- Family history, inflammatory bowel disease, high fat/low fiber diet

Common Symptoms

- Persistent changes in bowel habits (like diarrhea or constipation)
- Rectal bleeding or blood in the stool
- Abdominal discomfort (cramps, gas, pain)
- Unexplained weight loss

Screening Recommendations

- Colonoscopy every 10 years starting at age 45
- Alternatives: stool tests (FIT, FOBT), sigmoidoscopy

Reduce your risk

Eat fiber-rich foods, limit red/processed meats, stay active, avoid smoking

Spencer Hospital Services

- Colonoscopy – NWIA Surgeons
- Cancer Treatment - Abben Cancer Center

General Cancer Prevention Tips

MAINTAIN A
HEALTHY WEIGHT

STAY ACTIVE

LIMIT ALCOHOL

DON'T SMOKE

EAT A BALANCED
DIET

PROTECT YOUR
SKIN FROM
UV RAYS

KNOW YOUR
FAMILY HISTORY
AND TALK TO
YOUR DOCTOR

STAY UP TO DATE
ON SCREENINGS

GET VACCINATED
(HPV, HEPATITIS B)



Abben Cancer Center
of Spencer Hospital