



What are the Causes of Colon Cancer?

1. Alcohol
2. Diabetes
3. Diets high in fat and cholesterol (especially from animal sources)
4. Family Medical History
5. Lack of Exercise
6. Obesity
7. Smoking

Prevention Is Better Than Cure!

Get yourself checked now...
Book for appointment at 3146621

Colon Cancer

What is Colon Cancer?

Colon or Colorectal Cancer starts in the large intestine (colon) or the rectum (end of the colon).

What are the Symptoms of Colon Cancer?

Many cases of colon cancer have no symptoms. The following symptoms, however, may indicate colon cancer:

- Abdominal pain and tenderness in the lower abdomen
- Blood in the stool
- Diarrhea, constipation, or other change in bowel habits
- Intestinal obstruction
- Narrow stools
- Unexplained anemia

8. Age is the number one risk factor for colon cancer. It's just that by age 50, one in four people has polyps.
9. Polyps
Virtually all colon cancer develops from adenomatous polyps in the colon, generally referred to simply as colon polyps.

How to Prevent Colon Cancer?

1. If you're 50 or older, schedule a colon cancer screening.
2. Eat a balanced diet. High-fiber diets have shown a protective effect.
3. Maintain a healthy weight.
4. Maintain an active lifestyle.
5. Learn your family medical history.
6. Don't smoke.
7. Reduce radiation exposure.



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