Siletz Community

Find us on Facebook! Siletz Community Health Department



During National Native American Heritage Month, we pay tribute to American Indians and Alaska Natives (AI/AN). We honor the health of Native people and strive to foster healthier AI/AN communities by distributing relevant health information and prevention screenings.

End Colon Cancer



What is Colon Cancer?

A disease in the large intestine (colon) and rectum. Most colon cancers start as small noncancerous clumps of cells called polyps. Without treatment, polyps can turn cancerous.

STAGE 0

Each polyp begins as a growth of noncancerous cells

STAGE 1

Cancer has formed in the polyp inside colon or rectum

STAGE 2

Cancer has spread to surrounding tissues

STAGE 3

Cancer has spread to lymph nodes

STAGE 4

Cancer has spread to other organs

Remove polyps before cancer starts

If found early, 9 out of 10 survive

If found, 7 out of 10 survive

If found later, 1 out of 10 survive



QUIT SMOKING



EAT FRUITS & VEGGIES



WEIGHT CONTROL



Almost all colonoscopies in the United States are performed with patients under some level of sedation or anesthesia that prevents them from feeling anything. Often, patients are asleep for the entire procedure.



GET SCREENED



EXERCISE



LIMIT ALCOHOL USE