



C.A.S.U.A.L. Day is a program hosted by the Northeast Regional Cancer Institute to raise awareness about colon cancer and the importance of screening and early detection. Participants dress C.A.S.U.A.L. while wearing a special shirt or pin to promote awareness. The event is in memory of Helen Phillips, a woman who fought a courageous battle against colon cancer.

Are You at Risk?

You are at risk for colon cancer if you:

- Are age 50 or older
- Have had polyps of the colon or have a close relative who had colon polyps or colon cancer
- Have Crohn's Disease or Ulcerative Colitis

Signs and Symptoms

Often, there are no symptoms.

However, if you notice any of these signs and symptoms consult your physician:

- Changes in bowel habits
- Abdominal pain/bloating
- Blood in or on the stool
- Weakness/Fatigue
- Unexplained weight loss

There are several different screening tests that can be used to detect colon cancer. Talk to your doctor about which test or tests are right for you and how often you should be tested.

Colon and rectal cancers are the fourth most frequently diagnosed cancers and the second leading cause of cancer deaths in NEPA.

Colon Cancer can be prevented!



A Wrap-Up Celebration will take place on C.A.S.U.A.L. Day, Thursday, March 30th at Cooper's Seafood House in Scranton from 5:00 p.m. to 7:00 p.m. **Attendees wearing their C.A.S.U.A.L. Day 2017 shirt will receive one free drink.**

www.cancernepa.org



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