



# SAFETY TALK

## COLORECTAL CANCER

**Colorectal Cancer Awareness month is March.** Colorectal cancer incidence rates have been increasing in younger adults (ages 30 to 49) since 2005 and is the third most common cancer.

### Signs and Symptoms

- Unexplained change in bowel habits
- Blood in stool
- Abdominal pain and discomfort
- Fatigue
- Unexplained weight loss

### Preventative Lifestyle Changes

- Increase fiber intake (25 g a day for women and 38 grams for men)
- Quit smoking
- Increase physical activity
- Decrease alcohol intake
- Limit processed meat intake such as deli meats and bacon

### Screening Recommendations

Those with **Average Risk** (no symptoms, no personal history of colorectal cancer or high risk polyps, and no first degree relative with colon cancer) should have an at home stool FIT test complete every 2 years from ages 50-74.

Those with an **Increased Risk** (experiencing symptoms, a personal history of colorectal cancer or high risk polyps, and/or a first degree relative with colon cancer) should have a colonoscopy completed. Individuals with an **Increased Risk** whom have no primary care provider can self-refer for a colonoscopy at the hyperlink below.

For self-referral and/or more information visit: [Colorectal Cancer Screening Program | Government of Prince Edward Island](#)

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

## DISCUSSION QUESTIONS:

NAME 3 LIFESTYLE CHANGES THAT CAN PREVENT COLORECTAL CANCER.

AT WHAT AGE SHOULD THOSE WITH AVERAGE RISK START DOING FIT TESTS?

LIST 3 HIGH FIBER FOODS THAT YOU CAN EAT TO HELP PREVENT COLORECTAL CANCER

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:
<p><a href="#">Colorectal Cancer Increasing in Younger Adults   Cancer Care Ontario</a></p>

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org).

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>