

The Colorectal Cancer Alliance is supported community-wide by individual, corporate and foundation gifts, including:

- donations resulting from community fundraisers;
- direct gifts; and
- donations made in honor or in recognition of a loved one.

Please help us educate the community about colon cancer and support research and treatment initiatives at the University of Massachusetts Medical School and UMass Memorial Medical Center by contacting the UMass Medical School/UMass Memorial Development Office at 508-856-5520 or giving@umassmed.edu.

Donate by mail:

Make check payable to UMass Medical School. Note in the memo section of the check, "Colorectal Cancer Alliance."

Mail check to:
UMass Medical School/UMass Memorial Development Office
333 South Street
Shrewsbury, MA 01545

Donate online:

Visit <http://umassmed.edu/foundation>. Click *Make a Gift*.

In Step 1, Direct My Gift, click "Other" box and type CCACM in "Comments" box.

Questions, please contact 508-856-5520 or giving@umassmed.edu.

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We welcome and encourage your involvement.

(Cover photo of O'Beirne family courtesy of Kathy O'Beirne, Colorectal Cancer Survivor)

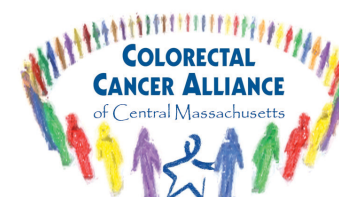


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www.colorectalcanceralliancecentralma.org
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COLORECTAL CANCER ALLIANCE OF CENTRAL MASSACHUSETTS



Providing community outreach and raising public awareness of the impact of colorectal cancer on our lives and in society



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The Colorectal Cancer Alliance of Central Massachusetts has a mission to bring together members of the community and health care professionals to increase awareness of colorectal cancer with the purpose of improving and implementing prevention strategies. As a volunteer committee of patients, caregivers and physicians, we work together to generate philanthropic support to achieve the goals of the Alliance.



What does the Colorectal Cancer Alliance bring to the Central Massachusetts Community?

- Public awareness & community outreach
- Education through public lectures by physicians and patients
- Information, updates and links on colon cancer via web site
- Fundraising events to support community education and research and treatment at the University of Massachusetts Medical School and UMass Memorial Medical Center.

Q&A

What is Colorectal Cancer?

- A disease in which normal cells in the lining of the colon or rectum begin to change, grow without control and no longer die
- A non-cancerous growth that over time can become a cancerous tumor
- The second-most common type of cancer in men and women affecting an estimated 150,000 people in the United States annually

What are the Symptoms of Colorectal Cancer?

Colon cancer can grow for years before causing symptoms. Often symptoms do not appear until the disease is already advanced. The development of these symptoms should prompt a visit to your primary care provider for evaluation.

- Bleeding from the rectum or blood in the stool
- A change in bowel habits: diarrhea, constipation, or a feeling that the bowel does not empty completely
- Stools that appear narrower or thinner than usual
- Discomfort in the abdomen, including frequent gas pains, bloating, fullness and cramps
- Unexplained weight loss

Screening & Prevention

- Screening at age 50 is the key to preventing colorectal cancer
- Individuals with family history of colorectal cancer should begin earlier; generally at age 40
- African-Americans begin screening at age 45

Screening options include:

- Colonoscopy
- Flexible sigmoidoscopy
- Barium Enema
- Fecal occult blood testing
- CT colonography

It's best to get regular screenings rather than rely on colon cancer symptoms to alert you to the presence of a tumor.

