

- ✓ Colon cancer is one of the most frequent tumours in Navarra
- ✓ If detected in time, it can be cured in more than 90% of the cases
- ✓ The Early Detection of Colon Cancer Programme offers the possibility to undertake a simple test to diagnose the tumour in time.
- ✓ When the programme comes to your home area, if you are aged between 50 and 69, you will receive a personalised letter
- ✓ Accept our invitation.  
**A simple test could save your life.**

**ELIGE90**  
EARLY DETECTION  
OF COLON CANCER  
PROGRAMME

**More information at:**

The Institute of Public and Occupational Health of Navarra

Programme for Early Detection of Colon Cancer

Francisco Bergamin 2 bis, 31003 Pamplona

Tel. 848 423498

precolon@navarra.es

www.cancercolon.navarra.es

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 **Gobierno  
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## COLON CANCER

### What is it?

It is a **malignant tumour** which appears in the large intestine or in the rectum from a growth called polyp.

### How often does it appear?

In Navarra, it is one of the most frequent tumours. It occupies second place among women after breast cancer and third among men following prostate and lung cancer.

It is more frequent in persons with a family history of colorectal cancer or with chronic intestine inflammatory illnesses or polyps.

Independently of these circumstances, the risk increases after the age of 50.

### What are the symptoms?

Symptoms of colon cancer do not often appear in the initial stages although the presence of blood in the faeces, changes in bowel habits and loss of weight with no known reasons should be considered as symptoms to be aware of.

### Can it be prevented?

The possibility of having this cancer decreases with greater consumption of fruit and vegetables, less animal fat and with regular physical exercise. In addition, it is advisable to avoid overweight, obesity and the consumption of tobacco and alcohol.

### Can it be cured?

If it is detected in time it is easier to treat and cure. When **detected early** a cure is possible in **more than 90% of the cases**. On the contrary, if diagnosed in the **advanced stages** the survival rate **decreases to less than 50%**.

For that reason, the Department of Health of the Government of Navarra, has set up the **Early Detection of Colon Cancer Programme** and offers the possibility to undertake a test completely free of cost in order to detect it in time.

## PROGRAMME FOR EARLY DETECTION OF COLON CANCER

### Who is it intended for?

The programme is aimed at all asymptomatic **men and women aged 50 to 69 years** resident in Navarra.

The programme will be extended gradually throughout Navarra. You can consult **the calendar** for the next two years on **[www.cancercolon.navarra.es](http://www.cancercolon.navarra.es)**

### Is it necessary to make an appointment?

**No.** When the programme comes to the area where you live or to your health centre, you will receive a **personalised invitation** at your home address together with a card with which you can confirm whether you wish to do the test.

Wait until you receive the letter of invitation. It is the only way to guarantee the exploration of all persons included in the programme. However, if at any time you notice any anomaly, consult your doctor and please do so, as soon as possible.

### What does the test consist of?

The test **detects the presence of occult blood** in the faeces, not visible to the naked eye. Generally, it is repeated every 2 years.

If after receiving the invitation you confirm that you wish to participate, you will receive at your home address a test together with instructions on taking the sample. Once completed you must **hand it in your health centre**. After a few days you will receive the result.



### What does a positive test mean?

It is estimated that about 70 out of every 1000 persons who do the test will show a positive result, but the presence of cancer is only confirmed in 3 cases. In 1 out of every 3 positive results, the presence of blood is due to the existence of benign polyps which also need to be treated to avoid the subsequent appearance of cancer.

In order to know the origin of the bleeding it will be necessary to do a colonoscopy. The **colonoscopy** is an internal exploration of the intestine which will be done under sedation to avoid discomfort. This way it is possible to visualise, detect and remove the growths that have caused this bleeding.

The diagnosis and early treatment improve the prognosis and guarantee a greater possibility of cure and control of the illness.