

ABOUT COLORECTAL CANCER RESOURCE & ACTION NETWORK

For over 13 years, CCRAN has been Canada's trusted colorectal cancer patient support, education, and advocacy network.

SUPPORT

We provide evidence-based information on the management of the disease, as well as caring interactions and one-on-one psychosocial support from world renowned experts. A unique information and support group model furnishes patients and caregivers with monthly user-friendly clinical research updates on treatments, screening, and the adoption of a healthy lifestyle as well as peer-to-peer support to ensure patients and caregivers are optimally supported across the continuum of colorectal cancer care.

EDUCATION

CCRAN ensures patients and caregivers are optimally supported through educational sessions and seminars on the management of the disease, evolving therapies, stress reduction techniques and the navigation of the healthcare system.

ADVOCACY

CCRAN advocates for equal and timely access to effective therapies for all stage patients to improve patient outcomes. We advocate to government officials, healthcare providers, and HTA bodies



DR. SHADY ASHAMALLA

**Colorectal Cancer Surgical Oncologist,
Chair, CCRAN Medical Advisory Board**

"I have never witnessed any patient advocacy group with as much passion and dedication as CCRAN. CCRAN has a complete knowledge of colorectal cancer, an empathy and understanding of the patient experience, a strong relationship with different physicians and a tireless work ethic. CCRAN improves cancer outcomes. CCRAN is one of my most important partners in the ongoing battle against this disease, and I believe every patient they inform, and support has a better experience because of it."



MARIE TAURASI

Colorectal Cancer Survivor

"I have learned that colorectal cancer is the most preventable cancer through screening!! People need to be aware of the signs and symptoms so that we can beat this disease once and for all. This is where CCRAN comes in. This is an extraordinary organization that is here for people like you and I, who desperately require support, guidance and above all education so that we can get through the ups and downs that we go through dealing with this horrible disease. I am so fortunate that I started my journey with CCRAN because without them I would not be cancer free today! What a gift they gave not only to me but to my precious children and husband! Without them, I would not be here today."

Colorectal Cancer Resource & Action Network CCRAN/RISCC

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A PATIENT-FOCUSED ORGANIZATION

COLORECTAL CANCER: IT MATTERS TO US ALL

SUPPORT

EDUCATION

ADVOCACY

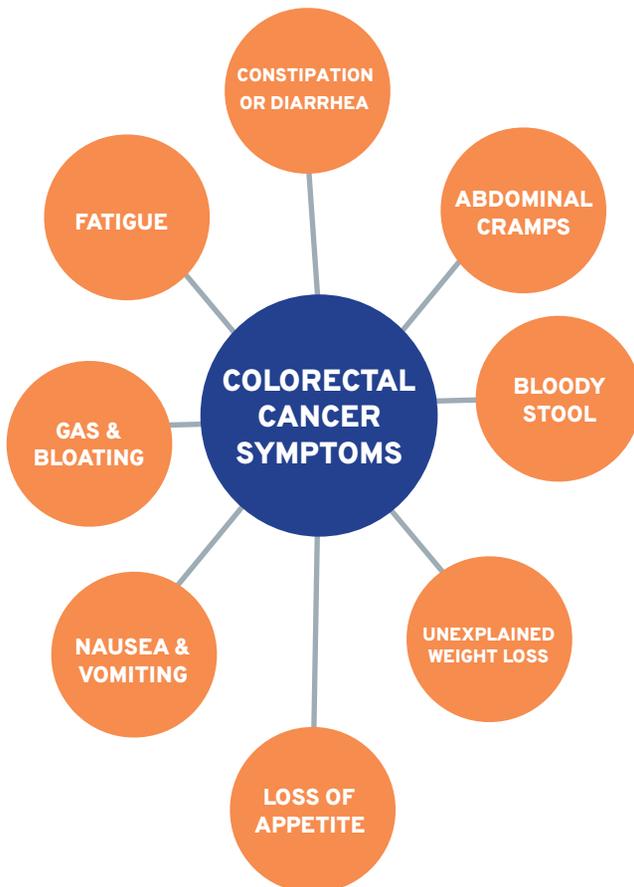


TOGETHER, ANYTHING IS POSSIBLE!

ABOUT COLORECTAL CANCER

Colorectal cancer is the second leading cause of cancer-related death in Canada. It impacts men and women almost equally. The cancer starts in the cells that line the inner colon or rectum. Most colorectal cancers grow slowly and quite predictably, starting as benign growths, called polyps.

A colorectal polyp can take 5 years to develop and, additionally, 5-10 years to turn cancerous. The cancer is 90% curable when diagnosed at an early stage. Screening can help to detect polyps, before they turn cancerous, or early stage cancers which are quite curable.



ABOUT COLORECTAL CANCER SCREENING

Screening checks for a disease in a group of people who don't show any symptoms of that disease. Screening tests help find colorectal cancer before any symptoms develop. When colorectal cancer is found and treated early, the chances of successful treatment are higher.

RISK FACTORS FOR COLORECTAL CANCER:

- Over the age of 50 years
- Family history of colorectal cancer
- Personal history of polyps/cancer or Inflammatory Bowel Disease (IBD, i.e. Colitis or Crohn's)
- Inherited Genetic Syndromes (i.e. FAP or HNPCC)
- Lifestyle-related Risk Factors, such as: smoking, excessive alcohol intake, sedentary lifestyle, obesity and poor diet.

SCREENING RECOMMENDATIONS:

- I. **Average Risk Population:** People 50 years and older, who have no family history and no symptoms should access the FIT or FOBT every 2 years
- II. **Increased Risk Population:** People who have a family history (first degree relative- parent, sibling or child) of colorectal cancer should access colonoscopy at age 40-50 years (latest) or ten years prior to their loved one's age of diagnosis. If that colonoscopy is normal, they should have another in 5 years. People who are experiencing symptoms should also proceed directly to colonoscopy and people who have genetic predispositions such as FAP or Lynch Syndrome should also be screened through colonoscopy.

Approximately **26,300** Canadians will be diagnosed with colorectal cancer this year

ON AVERAGE

73

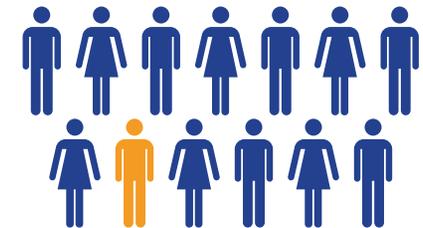
CANADIANS

will be diagnosed with **colorectal cancer EVERY DAY**

Colorectal cancer affects men and women **EQUALLY**



1 in 13 Canadians will develop colorectal cancer in their lifetime



2nd leading cause of cancer death, despite it being the **most preventable** cancer

1,500 individuals under the age of **50** are diagnosed with colorectal cancer **every year** in Canada and is on the rise among young adults in Canada.