

Women and men  
aged 50 to 70 can access  
colorectal cancer screening  
services at Family Health  
Centers, KETEMs, and **Mobile  
Cancer Screening Vehicles.**

Get checked for  
colorectal cancer;  
**protect your  
health.**



## Colorectal Cancer Screening

Persons aged 50 to 70 are  
recommended to get:

- a fecal occult blood test  
every 2 years and,
- a colonoscopy every 10 years.

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Its contents are the sole responsibility of the Republic of Türkiye Ministry of Health and do not necessarily reflect the views of the European Union.*

**RIGHT PLACE, QUALITY SERVICES**

Contact the nearest **Migrant Health Centre**  
for more information and support



[www.sihhatproject.org](http://www.sihhatproject.org)



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**EARLY  
DIAGNOSIS  
SAVES LIVES**

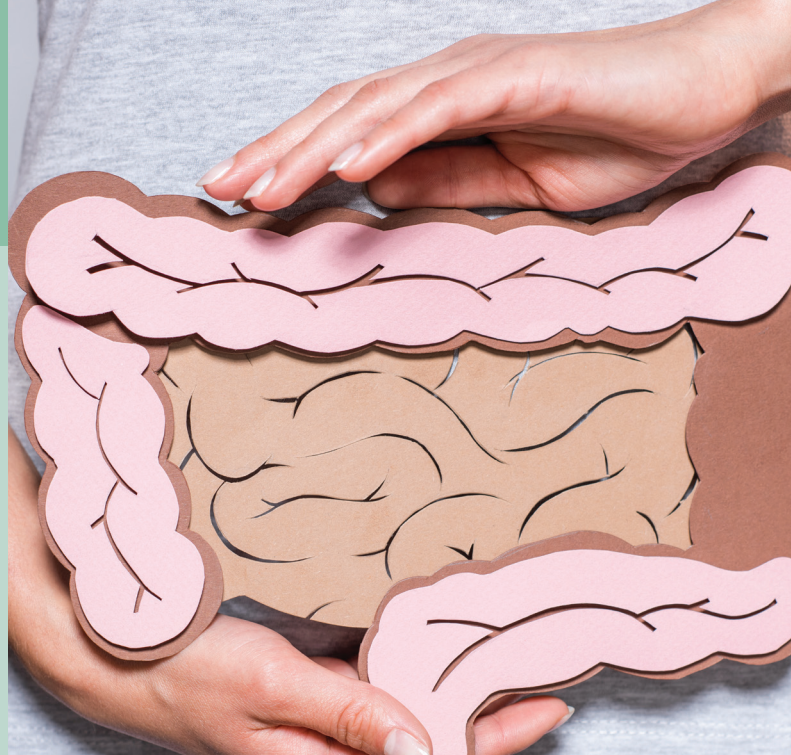


# Colon Cancer

*(Colorectal Cancer)*

Polyps and cancers of the large intestine (part of the colon and rectum) often remain asymptomatic until they reach larger sizes.

Screening programs allow for early diagnosis and treatment of such cancers.



## Symptoms:

Changes in daily bowel movements  
*(diarrhea or constipation)*

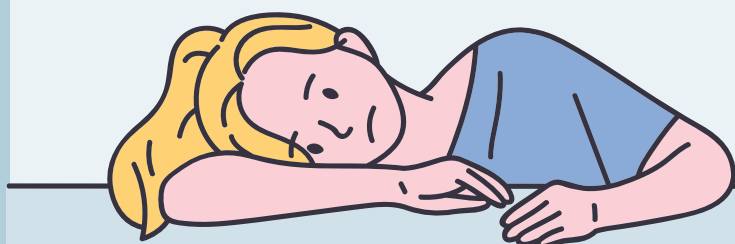
Blood in the stool

Inability to have a bowel movement

Inability to pass gas

Rapid weight loss

Fatigue



## To prevent colon cancer;

Avoid smoking

Be mindful of the quality of nutritions

*Keep your diet rich in fruits and vegetables*

*Avoid high-fat food*

*Avoid consuming grilled, fried, and burnt meat often*

Stay physically active and avoid excess weight

Avoid alcohol

