

Mayo Clinic Minute: Warning signs of colorectal cancer in younger adults

Video	Audio
Derek Ebner, M.D. Gastroenterology Mayo Clinic	"Historically, colorectal cancer was equally divided along the colon and rectum, but particularly for those with early-onset colorectal cancer — so age less than 50 — we're seeing higher rates of rectal cancer among the younger onset."
	Mayo Clinic's Dr. Derek Ebner says four key symptoms have been identified for people under 50 who are diagnosed with colorectal cancer.
	"Abdominal pain, diarrhea, seeing blood with bowel motions, as well as iron deficiency anemia."
	Dr. Ebner notes that blood loss after bowel movements, even if not visibly apparent, can lead to low iron levels.
	"So if on a blood test, for example, we see a sign of iron deficiency, that would then prompt us to explore further."
	Even though it may be embarrassing, he stresses ...
	"... if you have any of those symptoms, you need to share it with a healthcare provider. That way, they can navigate those subsequent steps."
	Which can lead to early treatment and better outcomes.
	For the Mayo Clinic News Network, I'm Jason Howland.