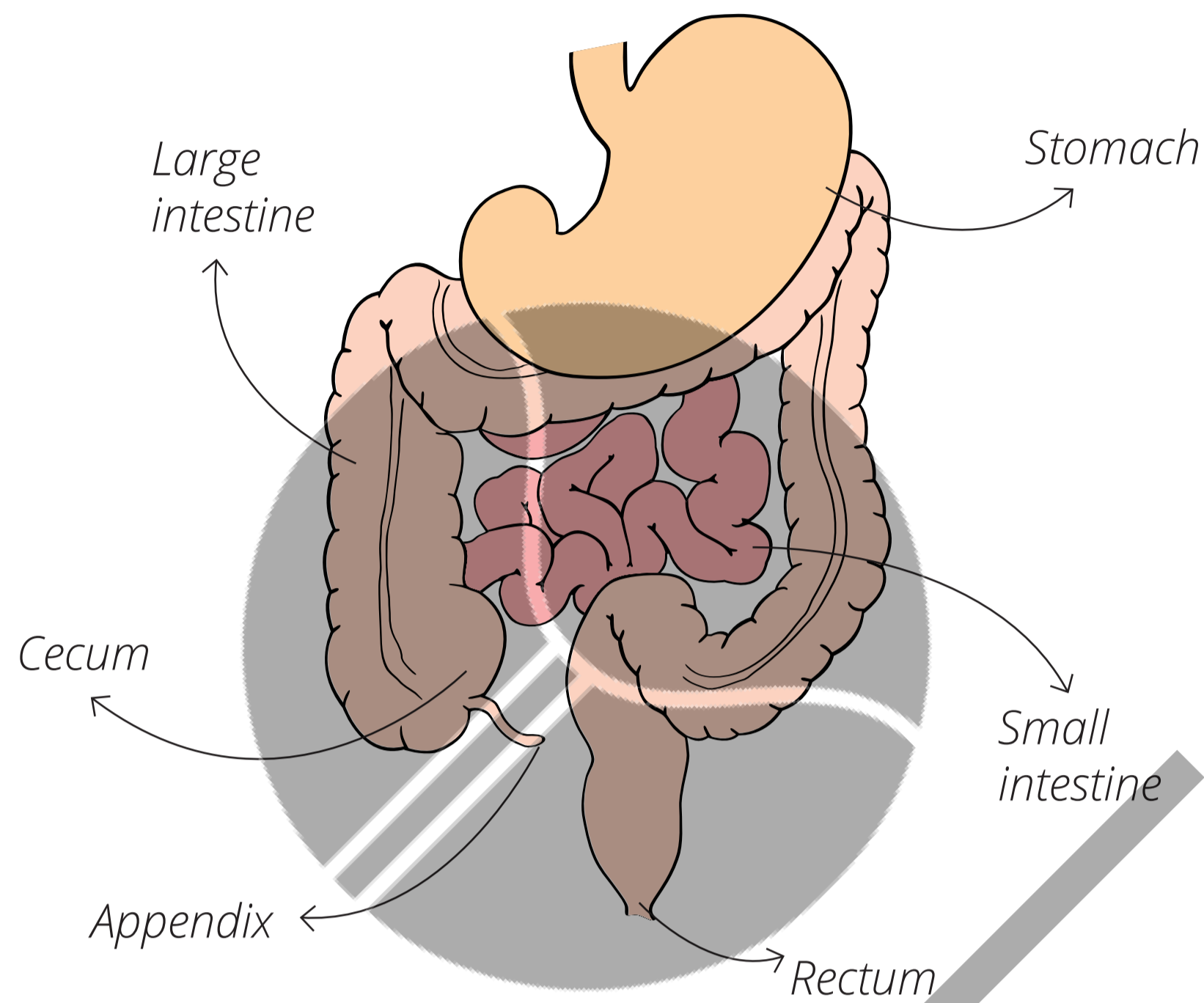


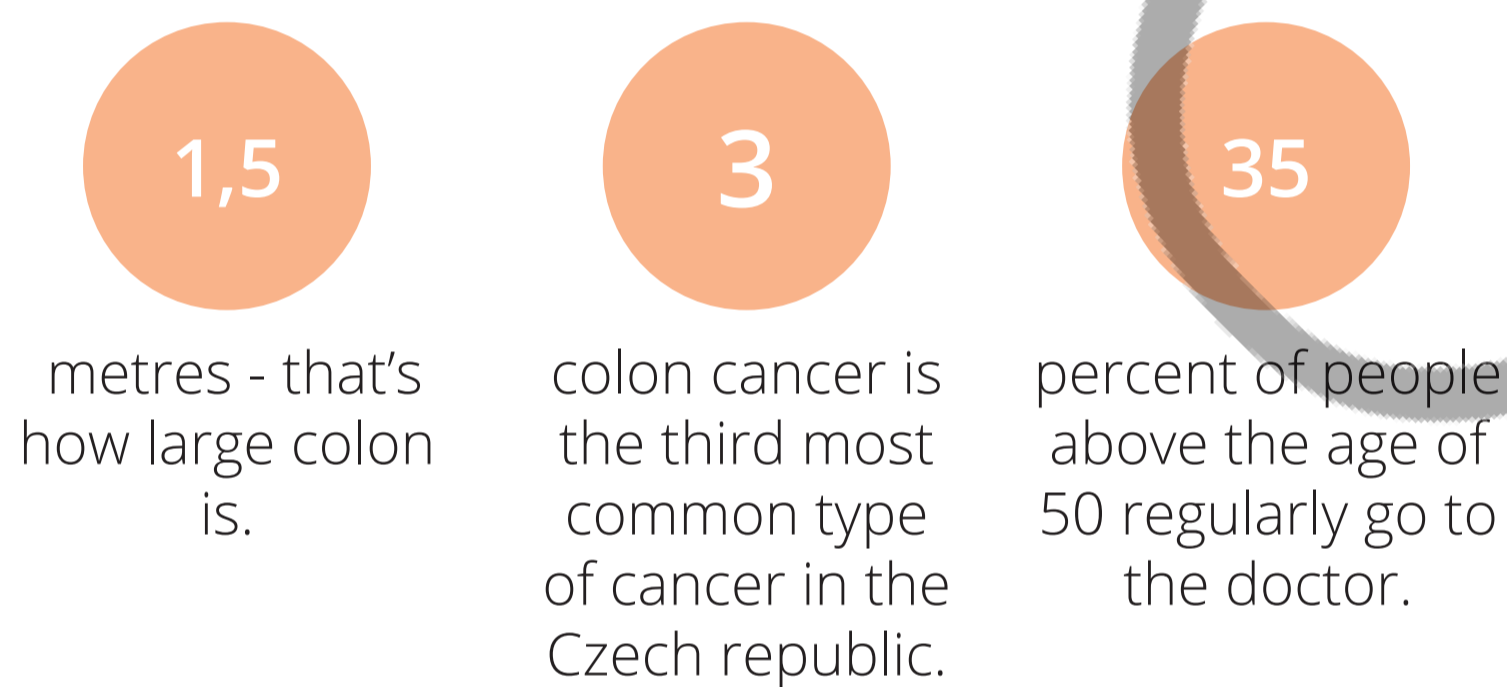
# Large intestine

Large intestine (colon) is mainly responsible for absorption of water from the gastrointestinal tract and for production of vitamin K. Learn with us how to prevent and detect colon cancer in time.

## How does colon look like?



## Large intestine in numbers



## What is the function of colon?

- Absorption**  
It absorbs water, vitamins and minerals.
- Secretion**  
It carries away redundant substances and waste.
- Microbial**  
The bacteria in colon help digest food.

**Colon cancer screening:**  
It's done by a fecal occult blood test (FOBT) to check for any hidden blood in the stool, or by a colonoscopy.  
- Between the age of 50 to 55: a FOBT once a year  
- After the age of 55: a FOBT every 2 years or a colonoscopy once a decade

## Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at [www.loono.cz/en](http://www.loono.cz/en).  
Follow us on our social media @loonocz:



## Colon cancer

### What is cancer?

You can imagine cancer as an "out of control" cell multiplication, which can occur in any organ of your body. This affected organ can then grow and push other organs out of their location or even lose its function.

### What are the risk factors of colon cancer?

- > 50 years**  
**Age**  
Colon cancer affects mainly people above 50.
- Genetics**  
If you have cancer in your family, tell your doctor.
- Smoking**  
Smoking increases the risk of colon cancer by 18 %.
- Diet**  
Alcohol and bad eating habits increase the risk of colon cancer.

### How does colon cancer manifest itself?

- Weight loss
- Diarrhea
- Constipation
- Blood in stool (Fecal Occult Bleeding)**

### What to do when you detect some of the changes above?

- Don't panic
- Don't be shy
- Don't look for advice on the internet
- Go to your doctor

### How to prevent colon cancer

- Go to your annual check-ups.
- Limit the consumption of alcohol and red meat - it damages cells in colon.
- Eat enough fruit and vegetables - it contains fiber important for colon regeneration.

Test your knowledge at [bit.ly/PreventionTest](http://bit.ly/PreventionTest)



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