

# COLORECTAL CANCER SCREENING IN THE UAE

Early Detection • Prevents Cancer • Saves Lives



## Key Facts – UAE

- Most common cancer in men
- 3rd** most common cancer overall
- 12%** of cancer cases in Abu Dhabi
- Nearly **50%** of cases before age **50**
- ONLY 9%** of adults get screened

## When to Start Screening?



Age **40** – All adults should start

Earlier if you have:

- Family history of colorectal cancer
- Inflammatory bowel disease
- Genetic risk factors

## SCREENING TESTS



### Colonoscopy

Gold Standard

- Examines entire colon
- Detects & removes polyps
- Every **10** years if normal



### FIT Stool Test

Simple & Non-Invasive

- Home stool test
- Detects hidden blood
- Every year



### CT Colonography

Virtual Colonoscopy

- CT scan of the colon
- Detects polyps
- Every **5** years

## Symptoms – Don't Ignore:

- Blood in stool
- Change in bowel habits
- Abdominal pain
- Unexplained weight loss
- Persistent fatigue

## Reduce Your Risk:

- Maintain healthy weight
- High-fiber diet (fruits & vegetables)
- Exercise regularly
- Avoid smoking & limit alcohol

If you are **40 or older** – Talk to your doctor about screening today!



**Early Detection Saves Lives**