

March is Colorectal Cancer Awareness Month

Colorectal cancers start in the colon or rectum, also known as the large intestine

Prevention Basics:



Eat lots of vegetables, fruits, whole grains, and less red and processed meats



Stay a healthy weight



Avoid or stop smoking



Be active. Limit the amount of time that you are sitting or lying down



Limit or avoid alcohol

#3

Colorectal cancer is the third leading cause of cancer death in the United States



1 in 23 Men and **1 in 25 Women** are at risk for developing colon and rectum cancer in their lifetime

Screening Saves Lives!

If you're **age 45 or older**, you should start getting screened for colorectal cancer. If you have a family history, you may need to screen earlier

Two Ways to Screen

There are two ways to be screened for colorectal cancer. Talk to your doctor about which test is right for you:

1. Stool-based tests that look at feces for signs of cancer
2. Visual tests that use a scope or imaging like types of colonoscopies or sigmoidoscopies

91%

of colorectal cancers found early through screening have a 5-year survival rate



Some colorectal cancers may be genetic. It is important to discuss your family history with your doctor to see if genetic testing applies to you



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