



MARCH WELLNESS CAMPAIGN

Colorectal Cancer

8 Things to Know about Colorectal Cancer

1. Colorectal cancer is the second leading cause of cancer related deaths in the U.S.
2. Colon cancer can affect anyone. The lifetime risk of having colorectal cancer is 4-5%.
3. Colon cancer can be inherited. People with a family history of colon cancer may be 2-5 times more likely to develop the disease.
4. People may feel healthy and have colon cancer.
5. Colorectal cancer is one of the most preventable cancers. Colon cancer develops from small polyps being formed in the lining of the colon. These polyps can easily be removed when detected early to stop the formation and spread of cancer.
6. The most effective screening test for colorectal cancers are colonoscopies. Colonoscopies are the only test in which the entire colon is seen. The amount of colorectal cancer incidence has lowered by 30% with the widespread use of colonoscopies.
7. Most people should start having a colonoscopy screening at 45 years old. Screening for colorectal cancer saves lives. The 5-year survival rate after early detection of colon cancer is 90%.
8. Having healthy habits can help lower your risk of colorectal cancer. Regular physical activity, a diet including vegetables, fruits and lots of fiber, and avoiding tobacco and heavy alcohol use decreases the chances of colorectal cancer.