What You Should Know About COLORECTAL CANCER

Colorectal cancer is the fourth most common cancer in both men and women in the United States. Most colorectal cancers grow slowly over several years. Due to a combination of early screening and improved treatments, survivorship has increased over the past 20 years.

IN 2016...

1 in 20 people will develop colorectal cancer at some point in life

An estimated 134,490 cases of colorectal cancer will be diagnosed in the United States

95,270 new cases of colon cancer

39,220 new cases of rectal cancer

About 49,190 people are expected to die from colorectal cancer

More than 1 million + colorectal cancer survivors live in the United States.

More than 95% of colorectal cancers are diagnosed as adenocarcinomas, which develop in glands that make mucus to lubricate the inside of the colon and rectum.

RISK FACTORS

- Diet high in red meats and processed meats
- Physical inactivity
- Obesity (especially for men)
- Smoking tobacco
- Heavy alcohol use
- Age (About 9 in 10 diagnoses are in people at least 50 years old)
- Racial and ethnic background (African Americans have the highest colorectal cancer rates of all racial groups in the United States)
- Type 2 diabetes

PREVENTION

Get regular colorectal cancer screenings. This is one of the most powerful weapons for prevention.

- AVOID RED MEAT
  A diet high in vegetables, fruits and whole grains has been linked to a decreased risk of colorectal cancer.

- EXERCISE
  Increasing physical activity may help reduce your risk.

- LIMIT ALCOHOL CONSUMPTION
  Avoid binge drinking, and have no more than two drinks a day for men and one drink a day for women.

To learn more, go to www.cancercenter.com/colorectal-cancer/