

# NATIONAL COLORECTAL CANCER AWARENESS MONTH

Lifestyle Choices and Regular Screening Can Save Your Life!

## FACTS ABOUT COLORECTAL CANCER: \*

- Colorectal cancer is the third most common cancer found in men and women in the U.S.
- About 97,220 new cases of colon cancer and 43,030 cases of rectal cancer will be diagnosed this year.
- Approximately 50,630 people will die from colorectal cancer in 2018.

## THE GOOD NEWS

- The death rate from colorectal cancer has been going down for more than 20 years.
- Thanks to screening, polyps can be found and removed before they turn into cancer, and colorectal cancer can also be found earlier when it is easier to cure.
- Treatments have improved

## DECREASE YOUR RISK:

- Eat a diet high in vegetables, fruit, and whole grains.
- Eating too much red meat, processed meats, and fried foods can increase your risk.
- Increase the intensity and amount of exercise.
- If you smoke, stop!
- Limit the amount of alcohol you drink. Men should have no more than 2 drinks a day and women no more than one.
- Get tested! Regular colorectal screen or testing is one of the best ways to prevent the disease.

## KNOW THE SYMPTOMS!

Blood in or on stool, stomach pain, aches, or cramps that do not go away, and/or losing weight without trying merit seeing your doctor for screening.

\*provided by the American Cancer Society.

While there are risk factors beyond our control, there are lifestyle choices we can make to help decrease our risk. In fact, the links between diet, weight, and exercise and colorectal cancer risk are some of the strongest for any type of cancer.