

COLORECTAL CANCER SCREENING CAN HELP SAVE LIVES¹

If you're <45><50> or older, you should get **screened for colorectal cancer**. Several types of tests can be used, and no matter which test you choose, the **most important thing is to get tested**.¹

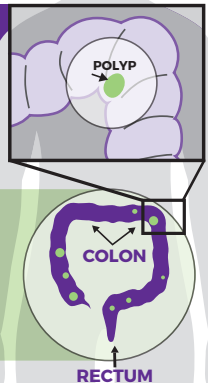
COLORECTAL CANCER: THE BASICS

Most **colorectal cancers** begin as a **“polyp”** (abnormal growth) in the **colon** or **rectum**.²

When **cancer** starts in the **colon** or the **rectum**, it is called **colorectal cancer**. These cancers can also be called **colon cancer** or **rectal cancer**, depending on where they begin.²

Some types of **polyps** can **change into cancer** over time, but not all polyps become cancer. Removing polyps is a way to **prevent cancer** from developing.²

Colorectal cancer is the **second-leading** cause of **death** from **cancer** in the **United States**, yet it can be **prevented** or **detected** at an early stage.^{<3><1>}



COLORECTAL CANCER RISK FACTORS

Certain factors can increase your risk of developing colorectal cancer. There are some risk factors you can't control and others that you can control.^{<4><3>}

<UNCONTROLLABLE><RISK> FACTORS^{<4,5><3,4>}



Colorectal cancers occur most often in people 50 or older; however, rates of colorectal cancers are increasing in adults under the age of 50



Family history of colorectal cancer*



Inflammatory bowel disease (ulcerative colitis, Crohn's disease)*



African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the United States



Past colon polyps or past colon or rectal cancer*



Inherited syndromes, family cancer syndromes (eg, Lynch syndrome, familial adenomatous polyposis [FAP])*

***If you have any of these risk factors, you may be at higher risk for developing colorectal cancer and need to ask your healthcare provider for specific recommendations. If you do not have these risk factors, you are at average risk and will need to review the available screening options with your healthcare provider.^{<6><5>}**

SCREENING IS THE MOST IMPORTANT THING YOU CAN DO TO HELP LOWER YOUR RISK OF DEVELOPING COLORECTAL CANCER. HERE ARE SOME FACTORS YOU CAN CONTROL^{<3><1>}.



Participate in regular colorectal cancer screenings



Remain at a healthy weight



Don't smoke



Keep a healthy diet that is high in vegetables and fruits



Be physically active



Limit alcohol

SCREENING CAN LEAD *to a reduction* **52%** ^{<7><6>} IN **COLORECTAL CANCER DEATHS** BY

References: **<1>**. American Cancer Society. Understanding colorectal cancer screening: colorectal cancer screening: which test is right for you? <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/colorectal-cancer-screening-which-test-is-right-for-you.pdf>. Published 2018. Accessed June 14, 2019. **><1>**. US Preventive Services Task Force, Bibbins-Domingo K, Grossman DC, et al. Screening for colorectal cancer: US Preventive Services Task Force recommendation statement. *JAMA*. 2016;315(23):2564-2575. **><2>**. Centers for Disease Control and Prevention (CDC). *Colorectal Cancer Screening Saves Lives*. Revised April 2017. CDC Publication #99-6948. **<3>**. American Cancer Society. Understanding colorectal cancer screening: colorectal cancer screening: which test is right for you? <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/colorectal-cancer-screening-which-test-is-right-for-you.pdf>. Published 2018. Accessed June 14, 2019. **><4><3>**. Colorectal cancer risk factors. American Cancer Society website. <https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/risk-factors.html>. Updated June 17, 2018. Accessed June 17, 2019. **<5><4>**. Bailey CE, Hu CY, You YN, et al. Increasing disparities in age-related incidence of colon and rectal cancer in the United States, 1975-2010. *JAMA Surg*. 2015;150(1):17-22. **<6><5>**. American Cancer Society guideline for colorectal cancer screening. American Cancer Society website. <https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html>. Updated May 30, 2018. Accessed June 14, 2019. **<7><6>**. Levin TR, Corley DA, Jensen CD, et al. Effects of organized colorectal cancer screening on cancer incidence and mortality in a large community-based population. *Gastroenterology*. 2018;155(5):1383-1391.