

# March is Colorectal Cancer Awareness Month

Colorectal cancer is the umbrella term for cancers affecting the colon and rectum. Colon and rectal cancer account for 71 and 29 percent of colorectal diagnoses, respectively.

## Colorectal Cancer at a Glance



Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 24, although this varies according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



Survival rates are highly dependent upon early detection.



There are currently more than one million colon cancer survivors in the U.S.

## Colorectal Cancer at a Glance

Colon Cancer	
SEER Stage	5-year survival rate
Localized (Stages 0 & 1)	90%
Regional (Stages 2 & 3)	71%
Distant (Stage 4)	14%
All SEER stages combined	63%

Rectal Cancer	
SEER Stage	5-year survival rate
Localized (Stages 0 & 1)	89%
Regional (Stages 2 & 3)	71%
Distant (Stage 4)	15%
All SEER stages combined	67%

## Risk Factors

### Family history

Almost 1 in 3 people who are diagnosed with colorectal cancer have other family members who have also had it.

### Diet and exercise

A recent study shows that diets high in red meat, sugar, and refined foods increase the risk of developing colorectal cancers.

### Smoking history

Smoking not only increases the risk for colorectal cancer, it also increases the risk of death as a result of colorectal cancer.

### Age

While colorectal cancer is most common in individuals over 50 and risk increases with age, it's becoming more common in people under 50, making it the second most common cancer in both men and women among that group.

### Ethnicity Origin

African Americans should begin screening at age 45: they have an increased incidence of cancer and polyps.