

WHAT YOU NEED TO KNOW ABOUT COLORECTAL CANCER

- Colorectal cancer is highly preventable, treatable and often curable.
- Colorectal cancer affects men and women equally — more than an estimated 145,000 people were diagnosed with the disease in 2005.
- The number of cases of colorectal cancer diagnosed each year is declining and so are death rates, most likely because more people are having regular screening tests.
- Regular exercise and a low-fat diet high in vegetables and fruits can help reduce your risk of colorectal cancer by helping you maintain a healthy weight.
- Regular screening tests may detect precancerous polyps (grape-like growths on the lining of the colon and rectum). Removing these can prevent cancer from developing.
- Screening tests can also help detect colorectal cancer in its earliest most curable stages.
- When detected and treated early, the five-year survival rate for colorectal cancer is over 90 percent.
- Starting at age 50, men and women who are at average risk should be screened regularly for colorectal cancer. African Americans may need to begin screening at age 45. Men and women who are at high risk of the disease because of personal or family medical history may need to be tested earlier and should talk to their health care professional about when. Screening tests are not painful and are often covered by Medicare and many health insurers.

March is National Colorectal Cancer Awareness Month, founded by the Cancer Research and Prevention Foundation in collaboration with many partner organizations. Colorectal cancer is preventable, and is easy to treat and often curable when detected early. Talk with your health care professional about colorectal cancer today.



To learn more, visit our Web site at www.preventcancer.org/colorectal