

March is Colorectal Cancer Awareness month

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and older.

The good news? If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened.¹

Colorectal Cancer Prevention

- Be physically active for at least 30 minutes, at least five days a week.
- Maintain a healthy weight.
- Don't smoke. If you do smoke, quit.
- If you drink alcohol, have no more than one drink a day if you're a woman or two drinks a day if you're a man. Eat fruits, vegetables and whole grains to help you get and stay healthy. Eat less red meat and cut out processed meat - See more at: <http://preventcancer.org/prevention/preventable-cancers/colorectal-cancer/colorectal-cancer-prevention-early-detection/#sthash.nL5Ph3lF.dpuf>

Colorectal Cancer Early Detection

If you're at average risk for colorectal cancer, start getting screened at age 50. If you're at higher risk, you may need to start regular screening at an earlier age and be screened more often. If you're older than 75, ask your doctor if you should continue to be screened. The best time to get screened is before you have any symptoms. Use this information to help you **talk about screening options with your health care professional**. Consider one of these tests:

Tests that find pre-cancer and cancer: Colonoscopy – Every 10 years Virtual colonoscopy – Every 5 years Flexible sigmoidoscopy – Every 5 years Double-contrast barium enema – Every 5 years Tests that mainly find cancer Stool occult blood test (FOBT) (guaiac) – Every year Stool immunochemical test (FIT) – Every year Stool DNA test (sDNA) – Ask your health care professional because technology is evolving. –

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1. Office of Disease Prevention and Health Promotion, US Department of Health and Human Services