



MARCH IS COLORECTAL CANCER AWARENESS MONTH

Did you know that **1 in 3** adults **50-75** is not getting colorectal cancer screening as recommended?



Colorectal cancer screening can prevent cancer through detection and removal of precancerous growths, and can detect the disease at an early stage when treatment is more successful.

2020
147,950
Estimated new cases

2020
53,200
Estimated deaths

38 million
people not being screened

Not all demographic groups are being screened equally. Groups less likely to be screened include:

- Adults aged 50-64
- Uninsured/Underinsured
- Lower education level
- Low-income level
- Hispanics
- Asian Americans
- American Ind./AK Natives
- Rural populations

Reduce your risk of colorectal cancer



Get screened



Avoid alcohol



Maintain a healthy weight



Eat a healthy diet



Exercise regularly



Do not smoke

Don't wait: Start regular screenings at age 50.

Find out if you're at higher risk because of family history or other reasons.

Learn about the six different screening test options.

Learn more about colorectal cancer:

<https://www.cdc.gov/cancer/colorectal/index.htm>

Download CDC's Screen for Life: National Colorectal Cancer Action Campaign Fact Sheets at:

<https://bit.ly/2U4Wx5k>

