

Colorectal Cancer

- Colorectal cancer is the **third most common cancer** in men and women and the **second leading cause of cancer death** in men and women combined in the United States.
- The lifetime risk of developing colorectal cancer is about 1 in 23 for men and 1 in 25 for women. Risk factors including lifestyle or hereditary factors will increase an individual's risk of developing colorectal cancer.
- There is a decline in mortality from colorectal cancer deaths over the past several decades (due to increased screenings, detections, and treatment improvements), however continued progress in colorectal cancer has slowed.
- Colorectal cancer starts in the colon or the rectum. They are often grouped together because of how similar they are. The colon and the rectum make up the large intestines, often called the large bowel in the GI system. There are 4 sections that make up the colon and named by which way the food is traveling through them.
 - Ascending colon – undigested food comes in from the small intestine.
 - Transverse colon
 - Descending colon
 - Sigmoid colon - this section of the colon joins the rectum, which then connects to the anus.
- The American Cancer Society's estimates that in the U.S. the colorectal cancer incidence statistics for 2022 are:
 - 106,180 new cases of colon cancer
 - 44,850 new cases of rectal cancer
 - 52,580 deaths
- Screening for colorectal cancer is so important because many of them can be preventable by removing precancerous growths called polyps. It is so important to remember that cancers found at an early stage can be treated more easily, which will lead to a greater chance of survival.
 - 90% of people who are diagnosed with colorectal cancer at an early stage still live 5 years later from diagnosis.

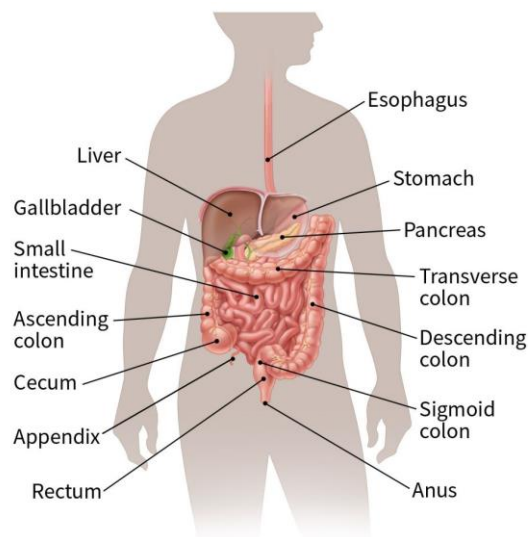


image provided by the ACS: <https://www.cancer.org/cancer/colon-rectal-cancer/about/what-is-colorectal-cancer.html>

- **Screening Recommendations for Colorectal Cancer (average risk individuals):**

- Both men and women should start at age **45 and should continue until at least age of 75**. For people between the ages of 76-85, the decision to be screened for colorectal cancer should be based on a person's preferences, life expectancy, overall health, and prior screening history. For people over 85 years of age, screening for colorectal cancer can stop.
- Individuals can choose *any* of the following ways to be screened for colorectal cancer:
 - Highly sensitive guaiac-based fecal occult blood test (gFOBT) every year*
 - Highly sensitive fecal immunochemical test (FIT) every year*
 - Multi-targeted stool DNA (MT-sDNA) test every 3 years*
 - Colonoscopy every 10 years
 - Flexible sigmoidoscopy every 5 years
 - CT colonography (virtual colonoscopy) every 5 years

* If any of these tests show a positive (suspicious) finding, a colonoscopy should be performed in order to complete the screening process.
- Do you need help with figuring out which screening process is best for you?

Learn about which screening options are best for you based on your personal risk factors : <https://quiz.getscreened.org/>

- **Risk Factors:** Lifestyle and hereditary factors contribute to an individual's risk of colorectal cancer. These risk factors include:
 - Excess body weight
 - Physical inactivity
 - Long-term smoking
 - High consumption of red and/or processed meats
 - Low calcium intake
 - Heavy alcohol consumption
 - A diet low in fruits, vegetables, and whole-grain fibers
 - A personal or family history of colorectal cancer and/or having polyps, a personal history of chronic inflammatory bowel disease (IBS/IBD), and some inherited genetic conditions (e.g. Lynch syndrome)
 - Type 2 diabetes

[What Can We Do To Help?](#)

Dress in Blue Day 2022

What? Dress in Blue Day lets allies everywhere join our mission to end colorectal cancer. By wearing blue, you bring awareness to this disease and support our work — as well as honor all who are impacted by colorectal cancer.

When? Dress in Blue Day is **Friday, March 4**. All of March is National Colorectal Cancer Awareness Month.

**** This may help you with images and social media posts: <https://thesocialpresskit.com/colorectal-cancer-alliance>

Resources

ACS. (2021, February 26). *Colorectal cancer and the importance of screening*. American Cancer Society Cancer Action Network. Retrieved January 31, 2022, from <https://www.fightcancer.org/policy-resources/colorectal-cancer-and-importance-screening-0>

American Cancer Society. Cancer Facts & Figures 2022. Atlanta: American Cancer Society; 2022. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2022/2022-cancer-facts-and-figures.pdf>

Colorectal Cancer Alliance (CCA). (2022). *Make an impact*. Prevention, Research, Patient Support | Colorectal Cancer Alliance. Retrieved February 1, 2022, from <https://www.ccalliance.org/>