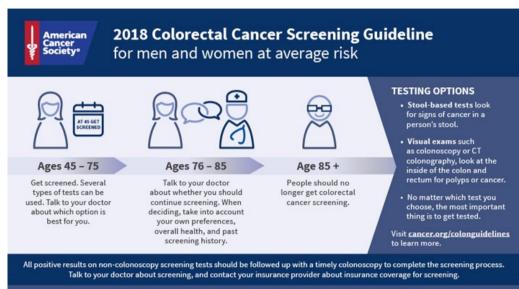
C H A M P S L I F E L I N E

COLORECTAL CANCER



©2018, American Cancer Society, Inc. All rights reserved. The American Cancer Society is a qualified 501(c)(3) tax-exempt organization and donations are tax-deductible to the full extent of the law. 0803.90

Risk of colorectal cancer increases with age.

Colorectal cancer doesn't always cause symptoms, especially during the beginning stages. That's why screening to detect precancerous polyps is so important. Colorectal cancer can be treatable and even preventable if it's detected early. An estimated 60% of deaths from colorectal cancer could be prevented with screening.

You can reduce your risk of colorectal cancer by maintaining a diet high in vegetables, fruits, and whole grains. Reducing intake of red or processed meat and avoiding excess alcohol consumption can also help lower your risk.

Top3Tips

- 1. If you are between the age of 50 to 75, get screened for colorectal cancer regularly.
- Maintain a healthy weight and diet.
 Don't smoke.





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

On average, your risk is about 1 in 20, although this varies widely according to individual risk factors





There are currently more than one million colon cancer survivors in the U.S. People with a first-degree relative (parent, sibling or offspring) who has colon cancer have a two to three times the risk of developing the disease





Data Source: American Cancer Society Image Source: Howell County News