

Colorectal Cancer Awareness Month

Colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined in the U.S.

1 Introduction

During Colorectal Cancer Awareness Month, millions of patients, caregivers, families, and others recognize that knowledge is vital in raising awareness and helping prevent and treat this disease. The lifetime risk of developing colon cancer is approximately 1 in 23.

2 Facts & Figures

The median age for diagnosis is 68 in men and 72 in women. Since the mid-1980s, the survival rate for colorectal cancer has been increasing. This is due in part to awareness and screening. Survival rates have also increased:

- The five-year survival rate found at the local stage is 90%
- The five-year survival rate found at the regional stage is 71%

- The five-year survival rate found at the distant stage is 14%

Colon and rectal cancer incidence and mortality rates are highest among African Americans – death rates are 40% higher than that of white Americans.

3 Get Screened

All men and women should be screened for colorectal cancer. Individual risk factors, including ethnicity, lifestyle and family history, determine when you should begin screenings. A screening chart is available [here](#).

4 Get Support

Whether it be emotional support, access to financial aid, or finding other resources, finding support is essential to both the patient and to caregivers. Community and online support groups can be a great resource as well. Ask your physician for resources and to learn more about how to manage your symptoms.

Did you know?

More than 90% of colorectal cancers occur in people age 50 and older.

For more information on colorectal cancer and supportive resources, visit <https://www.ccalliance.org/>.

References:

<https://www.ccalliance.org/colorectal-cancer-information/statistics-risk-factors>

<https://www.gene.com/stories/understanding-colorectal-cancer>