

Spotlight on Colorectal Cancer Awareness



March is National Colorectal Cancer Awareness Month, the perfect time to make sure you're doing all you can to prevent colorectal cancer and get necessary screening for early detection.



Did you know colorectal cancer is the fourth most common type of cancer, **affecting 1 in 23 men and 1 in 25 women?**

What you need to know about screening:

- The recommended age to begin screening has **dropped from age 50 to 45 for average-risk individuals.**
- People with a **family history of colorectal cancer should talk to their doctor** about whether to begin screening earlier.
- A colonoscopy is a **common screening method:** it not only detects cancer but also allows precancerous polyps to be removed. A negative result means you don't need another one for 10 years.
- A FIT (fecal immunochemical test) is another **effective screening option.** This annual test detects blood in your stool. A positive test is followed up with a colonoscopy.



You can help lower your risk of colorectal cancer:

- Eat a diet **low in animal fats and red meat** and **high in fruits, veggies and whole grains.**
- Get plenty of **physical activity.**
- Maintain a **healthy weight.**
- Limit **alcohol.**
- Don't **smoke.**

Speak to your provider today to discuss your colorectal cancer risk factors.
Find a provider at weillcornell.org/doctors