

March is Colorectal Cancer Awareness Month

Colorectal cancer affects both men and women equally – 140,000 people are diagnosed with the disease every year. But colorectal cancer is preventable, and can be successfully treated and is often curable when detected early.

To lower your risk of colorectal cancer, the American Society of Colon and Rectal Surgeons recommends that you:

- **Get regular colorectal cancer screenings after age 50. Between 80-90% of colorectal cancer patients are restored to normal health if their cancer is detected and treated in the earliest stages.**
- **Eat a low-fat, high-fiber diet.**
- **If you use alcohol, drink only in moderation. If you use tobacco, quit. If you don't use tobacco, don't start. Alcohol and tobacco in combination are linked to colorectal cancer and other gastrointestinal cancers.**
- **Exercise for at least 20 minutes three to four days each week. Moderate exercise such as walking, gardening or climbing steps may help.**

Colorectal cancer is extremely preventable if polyps that lead to the cancer are detected and removed, and it is very curable if the cancer is detected in its early stages. Since there are very few symptoms associated with colorectal cancer, regular screening is essential.

Talk to your colorectal surgeon or other healthcare provider about colorectal cancer and what kind of screening test is right for you.

March is National Colorectal Cancer Awareness Month, founded by the Cancer Research Foundation of America. Talk with your health care provider about colorectal cancer. Colorectal cancer is preventable, and is easy to treat and often curable when detected early. Ask your health care provider what kind of screening test you should have and when.



American Society of Colon
and Rectal Surgeons