

THE AMERICAN COLLEGE OF GASTROENTEROLOGY RECOMMENDS

COLORECTAL CANCER SCREENING

starting at **AGE 45** for **AVERAGE RISK ADULTS**

3RD

In the United States, colorectal cancer is the **third most common cancer** in both men and women, yet it is one of the most preventable types of cancer.

1 in 23

Lifetime risk of colorectal cancer for men



1 in 25

Lifetime risk of colorectal cancer for women



150,000+

Estimated **new cases** of colorectal cancer this year

50,000+

People **will die** from colorectal cancer this year

1990

It has been estimated that people **born around 1990** have **twice the risk of colon cancer** and **four times the risk of rectal cancer** than those born around 1950. *While the reasons for these trends are complex, experts suggest an unhealthy diet and lifestyle may contribute*

NEVER IGNORE NEW OR WORRYING SYMPTOMS

It is important to reach out to your health care providers if you have any symptoms **REGARDLESS** of age. Do not hesitate to talk to your health care team about new or worrying bowel symptoms, even those that seem hard to discuss or share, including:

- > blood in the stool,
- > change in bowel habits,
- > change in the shape and size of stool,
- > rectal pain,
- > abdominal pain,
- > unexpected weight loss, or
- > unexpected or new anemia.

FOR MORE INFORMATION AND SUPPORT WITH SCREENING

Contact the Care Management Coalition of WNY to speak with a trained screening educator today:

Phone: (716) 800-2120 ext. 556

Email: info@cmcwny.org

Additional Resources Linked Here:

[Center for Disease Control](#)

[National Institutes of Health](#)

[American Cancer Society](#)

[New York State Department of Health](#)

[Roswell Park Cancer Institute](#)

[Colorectal Cancer Alliance](#)

[Cleveland Clinic](#)

[American College of Gastroenterology](#)