



March is National Colorectal Cancer Awareness Month, dedicated to increasing screening rates, promoting early detection, and supporting those affected by the disease. As the second leading cause of cancer death in the U.S., it emphasizes that regular screenings (starting at age 45) can prevent or catch the disease early when it is highly treatable.

Key details about Colorectal Cancer Awareness Month:

- **Purpose:** To highlight that colon and rectal cancers are preventable and treatable, especially with early detection.
- **Screening Guidelines:** Experts recommend that adults at average risk begin screening at age 45.
- **Key Action:** Participate in "[Dress in Blue Day](#)" to show support and raise awareness.
- **Facts:** It is the second-leading cause of cancer-related deaths in the U.S..
- **Activities:** Events include 5K runs/walks, educational campaigns, and wearing blue to promote awareness.
- **Risk Factors/Prevention:** Maintaining a healthy weight, exercising, limiting alcohol, and avoiding smoking can reduce risk.

Key Events & Initiatives

- **Dress in Blue Day:** Observed on Friday, March 6, 2026. People are encouraged to wear blue to honor those affected and promote screening awareness.
- **United in Blue Rally:** A visual display of 27,400 blue flags on the National Mall represents the number of people under 50 projected to be diagnosed with the disease by 2030.

- **Tune It Up Concert:** A free online concert to raise awareness featuring various musical artists, scheduled for March 25, 2026.

Why Awareness Matters

- **Leading Cause of Death:** Colorectal cancer is now the leading cause of cancer-related death in people under age 50.
- **Preventability:** Regular screening can find and remove precancerous polyps before they turn into cancer.
- **High Survival Rate:** When detected at a localized stage, the 5-year survival rate is approximately 91%.

Screening & Prevention

- **Recommended Age:** Most health organizations, including the American Cancer Society and CDC, now recommend starting regular screenings at age 45 for those at average risk.
- **Risk Factors:** These include family history, inflammatory bowel disease (Crohn's or Ulcerative Colitis), obesity, smoking, and a diet high in red or processed meats.
- **Symptoms to Watch For:** Persistent changes in bowel habits, rectal bleeding, abdominal pain, unexplained weight loss, and fatigue.

How to Get Involved

- **Get Screened:** Use tools like the Colorectal Cancer Alliance Screening Quiz to find the right test for you.
- **Spread the Word:** Share facts and personal stories using hashtags like #BlueForCRC and #DressInBlueDay.
- **Support Advocacy:** Organizations like [Fight Colorectal Cancer](#) provide toolkits to help you request state proclamations or contact legislators.

Are you looking for screening locations near you, or would you like more information on the different types of screening tests available?

For more information, visit organizations like the [Colorectal Cancer Alliance](#) or the [Centers for Disease Control and Prevention](#).

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