

ARE YOU AT RISK FOR COLORECTAL CANCER?

Starting at age 50, men and women who are at average risk of colorectal cancer should be screened regularly. Nearly 90 percent of all cases of colorectal cancer are diagnosed in people older than 50. Some men and women are at higher risk of the disease and may need to be tested earlier. Those at higher risk include:

- People with a personal or family history of benign colorectal polyps.
- People with a personal or family history of colorectal cancer.
- People with a personal or family history of inflammatory bowel disease — ulcerative colitis or Crohn's.
- Men and women who use tobacco, drink too much alcohol, are overweight or do not lead an active life.
- African Americans appear to be at higher risk for the disease and are often diagnosed at a younger age — they may need to begin screening at age 45.

March is National Colorectal Cancer Awareness Month, founded by the Cancer Research and Prevention Foundation in collaboration with many partner organizations. Colorectal cancer is preventable, and is easy to treat and often curable when detected early. Talk with your health care professional about colorectal cancer today.



To learn more, visit our Web site at www.preventcancer.org/colorectal