

HALLOWEEN CAN BE SCARY...

BUT COLORECTAL CANCER CAN BE TOO!

5 Frightful Facts about Colorectal Cancer (CRC):

- 👻 Colorectal cancer is the **#3** cancer in the US and the world. It doesn't discriminate against age, gender, race, ethnicity, or socio-economic status.
- 👻 Colorectal cancer is on the rise in young adults. People born in 1990 are **2x** more likely to get colon cancer and **4x** more likely to get rectal cancer than people born in 1950.
- 👻 Young adults are more likely to get **misdiagnosed** with hemorrhoids or IBS before getting diagnosed with colorectal cancer which is then in **advanced** stages and more difficult to treat.
- 👻 It is projected that by **2030** colon cancer rates for people between 20 and 34 will increase by **90%** and rectal cancer rates will increase by **124%** in that same age group. There is also a prediction of a **28%** increase in colorectal cancer in people age 35-49.
- 👻 While there are many risk factors for colorectal cancer, many young adults don't have any risk factors and are **below** the screening age.

So What Can You Do to Decrease Your Risk?

- 👻 Learn your risk factors for colorectal cancer at www.cancer.org.
- 👻 Change your lifestyle to reduce your risk: stop using tobacco products; maintain a healthy weight; be physically active which means exercising as well as not sitting for long periods; eat a healthy diet by eating more fruits and vegetables and less processed foods and red meat; and limit intake of alcohol.
- 👻 Know your family's cancer history particularly in **first** and **second** degree relatives. There can be a genetic connection between CRC and other types of cancer.
- 👻 Go for routine and recommended follow up exams.
- 👻 Pay attention to your body and **report** changes to your doctor.
- 👻 Be your own **advocate**. Speak up when something is wrong even if you're not sure if it's significant. Seek a 2nd opinion if you don't think you're being taken seriously.

References:

American Cancer Society www.cancer.org

Colon Cancer Coalition <https://coloncancercoalition.org/>

Colorectal Cancer Alliance www.ccalliance.org/



BEING AWARE HELPS FIGHT OFF THE SCARE!