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FAST FACTS — ABOUT — COLON CANCER

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Colon cancer is *not* rare.

- Actually, it's the **3rd** most commonly diagnosed cancer in the US.
- It ranks **2nd** in cancer-related deaths overall, and it's the leading cause of cancer deaths in **men under 50**.
- **1 in 25 women** and **1 in 23 men** will have colorectal cancer at some point in their lives.

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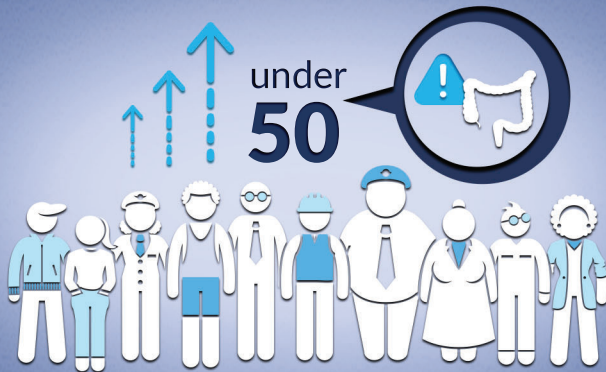


More than half of all colorectal cancer cases could be prevented.

Most cases of colon cancer are caused, at least in part, by **unhealthy habits** like:

- Eating a lot of red or processed meat
- Drinking too much alcohol
- Not exercising
- Smoking tobacco

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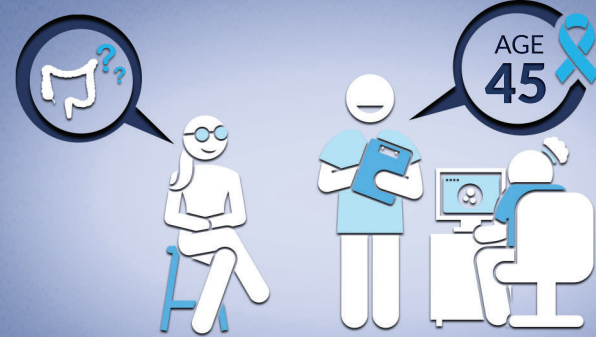
Colon cancer is on the rise in young people.

Doctors are still learning why this is happening, but it may be due in part to the same risk factors that affect older people – **like obesity, a lack of physical activity, and smoking**.

Since 1990, colorectal cancer rates have **doubled** in people under 50.

Nearly **50 new cases** are diagnosed **every day** in this age group.

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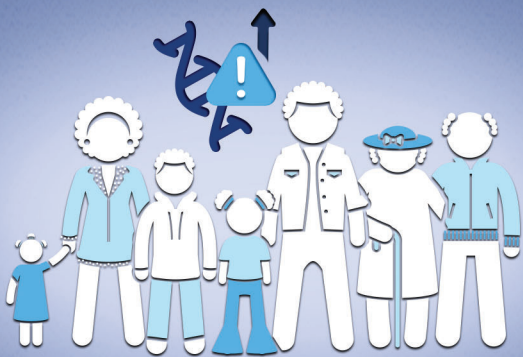
The guidelines for when to start regular colon cancer screenings have changed.

Most people should **start regular screenings at age 45**. Before 2021, the recommendation was age 50.

You should **get checked** even earlier if you have certain health problems, like inflammatory bowel disease, or a personal or family history of colon cancer or polyps. **1 in 3** people with colorectal cancer have family members with the disease.

Ask your doctor when you should start.

5



African-Americans have higher rates of colon cancer than any other ethnic group in the US.

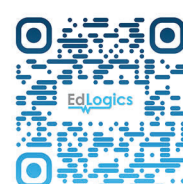
Indigenous Americans also have a **higher risk** than white people and Latin Americans. The risk is lowest in Asian-Americans and Pacific Islanders.

Find out what you can do right now to lower your risk of colon cancer.



March Monthly Challenge:
COLON CANCER

Get **10 bonus HealthScratch™** entries if you finish the Colon Cancer Quiz this month!



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