Colorectal Cancer is a deadly disease that affects 1 in 23 Americans. It can begin as an abnormal tissue growth called a polyp. Some polyps may become cancer over time. Finding and removing POLYPS can prevent colorectal cancer.

You are never too young and it’s on the rise in those under age 50. 90% of new cases occur in people 50 or older.

What can you do?

- Know the signs and symptoms.
- Know your family history, especially if anyone has had cancer.
- Eat a healthy diet.
- Maintain a healthy weight.
- Adopt a physically active lifestyle.
- Don’t smoke.
- Get screened at age 45 (earlier if you’re at high risk).

For more information contact:

- https://www.ccalliance.org/about/awareness-month
- Helpline: (877) 422-2030
- https://www.cdc.gov/cancer/colorectal/