



Am I at Risk?

Colorectal cancer affects both men and women. In the early stages of colorectal cancer, there may be no symptoms.¹

That's why it's important to know the risk factors for colorectal cancer and to talk to your doctor about the right time to get screened.

There is no cure for colorectal cancer, but early detection may improve outcomes.¹



Talk With Your Doctor About Colorectal Cancer

If you are 45 years of age or older or have one or more of these risk factors, you should talk to your doctor about getting screened.³

Most health insurance plans cover 100% of screening costs. Call your health insurance plan to check your coverage.

See if your risk may be higher than others' by checking these factors:

♥ Age

About 90% of the time, colorectal cancer occurs in adults older than 45.² However, colorectal cancer rates are rising in people who are in their 40s.³

Ask your doctor when you should begin screening.

♥ Family History

If you have a close relative who has had colon cancer or a colon polyp, you may be at higher risk for getting the disease.¹

♥ Medical Conditions

Having an inflammatory bowel disease may increase your risk of developing colon cancer.¹

♥ Race

Rates of colorectal cancer are higher in African Americans compared with other races. This may be because fewer African Americans get screened for colon cancer.⁴

♥ Lifestyle

There are some risk factors you can change. These include stopping smoking, improving your diet, keeping a healthy weight, and being active.¹

Talk with your doctor about what is right for you.

To learn more about colorectal cancer and screening, visit

www.LoveYourColon.org

References: **1.** American Cancer Society. Cancer Facts & Figures 2020. Atlanta, GA: American Cancer Society Pub. No. 500820. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2020/cancer-facts-and-figures-2020.pdf>. Accessed March 23, 2020. **2.** Cancer of the Colon and Rectum - Cancer Stat Facts. SEER. <https://seer.cancer.gov/statfacts/html/colorect.html>. Accessed April 8, 2020. **3.** Wolf AM, Fontham ET, Church TR, et al. Colorectal cancer screening for average-risk adults: 2018 guideline update from the American Cancer Society. *CA Cancer J Clin.* 2018;68(4):250-281. **4.** American Cancer Society. Cancer Facts & Figures for African Americans 2019-2021. Atlanta, GA: American Cancer Society Pub. No. 861419. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-african-americans/cancer-facts-and-figures-for-african-americans-2019-2021.pdf>. Accessed March 23, 2020.