



Am I at Risk?

Colorectal cancer can happen to anyone. 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. **Colorectal cancer has a better chance of being treated successfully when found early.** But only 1 in 3 cases are found early-stage (due to low screening rates).¹



Talk With Your Doctor About Colorectal Cancer

If you are 45 years of age or older, 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.

Your risk for colorectal cancer may be higher than other people you know. Here are some of the risk factors:

♥ Age

As of 2019, 1 in 5 colorectal cancers is in people under 54 years, an 11% increase from 1995.² **Ask your doctor when you should begin screening.**

♥ Family History

If you have a close relative who has had colorectal 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 colorectal cancer.¹

♥ Race

Rates of colorectal cancer are highest among Alaska Native and American Indian populations. Rates of colorectal cancer are also higher in Black people and African Americans compared with other races. This may be because fewer Black people and African Americans get screened for colorectal cancer.⁴

♥ Lifestyle

There are some choices you can make to help reduce your risk. These include avoiding tobacco, eating a healthy diet, keeping a healthy weight, and being active.¹ **Talk with your doctor about what is right for you.**



Getting regular screenings is essential to finding cancer early and taking control of your health. Visit **CancerScreenWeek.org** to learn more about the potentially lifesaving benefits of cancer screening and download helpful resources for talking with your healthcare professional.

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References: 1. American Cancer Society. Cancer Facts and Figures 2023. Available at <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2023/2023-cancer-facts-and-figures.pdf>. Accessed July 24, 2023. 2. American Cancer Society. Colorectal Cancer Facts and Figures 2023-2025. Available at <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/colorectal-cancer-facts-and-figures/colorectal-cancer-facts-and-figures-2023.pdf>. Accessed July 24, 2023. 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 2022-2024. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-african-americans/2022-2024-cff-aa.pdf>. Accessed July 24, 2023.