



# March is National Colon Cancer Awareness Month

✓Preventable ✓Treatable ✓Beatable

**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 are the warning signs?

 Blood in stool	 Change in shape of stool bowel movements narrower than usual
 Abdominal cramping and discomfort	 Prolonged constipation or diarrhea
 Decrease in appetite	 Unintended weight loss

## 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/>



**Public Health**  
Prevent. Promote. Protect.