

Digest These Tips to Reduce Your Risk

The survival rate for colon and rectal cancer has been increasing over the past several decades, but it is still a serious disease. Every year, colorectal cancer is the **#2 cause of cancer deaths** for men and women combined.

BY THE NUMBERS



1 in 22

lifetime risk for **MEN** to develop colorectal cancer



1 in 24

lifetime risk for **WOMEN** to develop colorectal cancer



101,420

new cases of
COLON CANCER in 2019

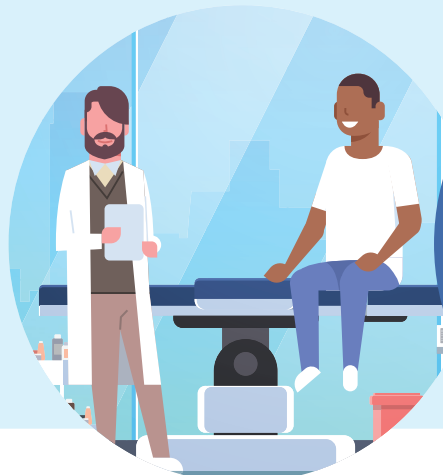


44,180

new cases of
RECTAL CANCER in 2019

1%

rate at which deaths from colorectal cancer are increasing per year among people younger than 55



PICK YOUR PATHWAY

While colorectal cancer cannot be prevented, there are choices you can make that may help lower your risk, including:



Getting in regular sweat sessions



Filling your plate with fruits and veggies



Keeping red meat to a minimum



Pumping up the calcium supplementation



Laying off excess alcohol consumption



Kicking cigarettes to the curb

SCREENING SAVES LIVES

It takes **10 to 15 years** for abnormal cells that grow into polyps to turn cancerous. That is why screening is so effective. The polyps can be removed before they have a chance to cause problems. Plus, when colorectal cancer is detected early, there is a much better chance of treating it. Start getting screened at **age 45**.