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**.