

# COLORECTAL CANCER:

*You Can Prevent It*

## COLORECTAL CANCER PREVENTION *by the Numbers* from the AMERICAN COLLEGE OF GASTROENTEROLOGY



# 3RD

In the United States, colorectal cancer is the **third most common cancer** in both men and women, yet it is one of the most preventable types of cancer.

## 1 in 23

Lifetime risk of colorectal cancer for men



## 1 in 25

Lifetime risk of colorectal cancer for women



## 150,000+

Estimated **new cases** of colorectal cancer this year

## 50,000+

People **will die** from colorectal cancer this year

# 1990

It has been estimated that people **born around 1990** have **twice the risk of colon cancer** and **four times the risk of rectal cancer** than those born around 1950.

*While the reasons for these trends are complex, experts suggest unhealthy diet and sedentary lifestyle may contribute.*

## SCREENING *Saves Lives*

## AGE 45 TO 75

Adults at **average risk** for colorectal cancer should **get screened**

## AGE 75+

The decision to continue screening should be **personalized** in adults over age 75

## POLYPS

Removing polyps reduces the risk of colorectal cancer and saves lives. The power of prevention!

- Learn More: [gi.org/coloncancer](https://gi.org/coloncancer)
- Find a gastroenterologist near you: [gi.org/find-a-gastroenterologist](https://gi.org/find-a-gastroenterologist)
- Read ACG 2021 Colorectal Cancer Screening Guidelines: [bit.ly/ACG2021-CRC-Guideline](https://bit.ly/ACG2021-CRC-Guideline)

## 10 VS. 1

In general, colonoscopy every 10 years starting at age 45 for average risk adults is recommended as a screening test as compared to the alternate stool FIT test which you have to undergo every 1 year.

### 1-Step Test

#### COLONOSCOPY

Your doctor can see and remove pre-cancers called polyps and preventor detect or confirm colorectal cancer **ALL IN 1 STEP.**

**1-STEP TEST** Colonoscopy is a **one-step test** that looks for growths called polyps in your entire colon (large intestine) and rectum using a colonoscope. Your doctor can **remove polyps** during colonoscopy and **prevent colorectal cancer.**

**2-STEP TESTS** If tests such as Fecal Immunochemical Tests (FIT) or multitarget stool DNA are **positive**, a **follow up colonoscopy** would be required to **as a second test.**

### 2-Step Test

#### 1ST STEP

**Stool-Based Test**  
FIT Test (Fecal Immunochemical Test)  
Multitarget Stool DNA

OR

**Flexible Sigmoidoscopy**

OR

**Imaging Test**  
CT Colonography  
Colon Capsule

**POSITIVE TEST?**

**2ND STEP**  
Colonoscopy