



# COLON CANCER AWARENESS

Colon cancer (also called colorectal cancer) is one of the most common forms of cancer. Of cancers affecting both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States, but colorectal cancer can be preventable, treatable, and beatable.

## WHAT YOU NEED TO KNOW

### Colon cancer is highly treatable

When found in its earliest stages, the five-year survival rate is 90%.

**90%**  
five-year  
survival rate

### Age is not a factor

increased  
rate under  
the age of

**50**

90% of new cases occur in people 50 or older. However, colon cancer is on the rise in those under 50.

### Colon cancer and genetics

**5-10%**

are due to inherited conditions

About 5-10% of colon cancers are due to specific inherited conditions that make it more likely that some family members will get polyps, colon cancer, and possibly other cancers.

Knowing your family history allows you to reduce the risk of developing colon cancer and other types of cancers.



### Get screened

Regular screening can prevent most colorectal cancers. Colon cancer starts with polyps, small growths that in time can turn cancerous. Screening helps providers find (and remove) these growths. Screening also finds colorectal cancer early when treatment works best.



#### The American Cancer Society recommends that:

- People at average risk of colorectal cancer start regular screening at **age 45**.
- People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the **age of 75**.
- For people who are **76 to 85**, the decision to get screened should be made with your provider. If you're **over 85**, screening is not recommended.
- Colorectal cancer screening options include: stool-based test, flexible sigmoidoscopy, colonoscopy, and virtual colonoscopy.
- You talk to your healthcare provider about which test or tests maybe right for you.

### Know your risks

Many lifestyle-related factors have been linked to colorectal cancer. Factors you can change:

- Maintain a healthy weight
- Be physically active
- Eat a healthy diet
- Limit alcohol use
- Do not use tobacco

### Resources link

You are not alone in the fight against colon cancer. Visit the Kentucky Cancer Program's online Pathfinder to find information and support:

<https://netapps.louisville.edu/PathFinder>

