

Colorectal Cancer at a Glance

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Colorectal cancer is the third most common cancer, excluding skin cancers, diagnosed in both men and women in the U.S. Find out if you're at risk and when to get screened.

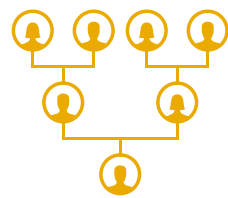
The risk of developing colorectal cancer is **1 in 23 for men** and **1 in 25 for women**.

Protect Your Colon

Some colon cancer risk factors are beyond your control:



Age



Black or Eastern European Jewish ancestry



Certain inherited genetic syndromes



Family history of colorectal cancer or adenomatous polyps



Having inflammatory bowel disease



Personal history of colorectal cancer or adenomatous polyps

Other risk factors can be addressed with lifestyle changes:



Eating a diet high in red and processed meats
Eat more fruits and vegetables.



Lack of physical activity
Get at least 150 minutes of moderate-intensity exercise a week.



Moderate to heavy alcohol use
Limit to one drink per day for women or two drinks per day for men, or avoid alcohol completely.



Obesity
Ask your doctor what a healthy weight looks like for you.



Smoking
Kick your tobacco habit.



Type 2 diabetes
Manage high blood sugar with your doctor's help.

Warning Signs of Colon Cancer

Colorectal cancer rarely causes symptoms until the disease is advanced.

Average-risk adults should **begin screening at age 45** and continue screening until age 75. Adults at high risk will need **screenings sooner**.



Signs to watch out for include:

Abdominal pain or cramping in your stomach

Changes in bowel habits including constipation and diarrhea that last for days

Rectal bleeding or blood in stool

Colonoscopies should be done once every 10 years.

team you

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