

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
- Find a gastroenterologist near you: gi.org/find-a-gastroenterologist
- Read ACG 2021 Colorectal Cancer Screening Guidelines: 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