

## Colorectal Cancer Awareness Month

### Know the Facts about CRC

Colorectal cancer (CRC) is the **second leading cause of cancer death** in the United States, with an estimated **52,550 deaths** from the disease in 2023. Being the fourth most commonly diagnosed cancer in this country, it is estimated that **153,020** people will be diagnosed this year. **More than half (55%)** of all CRCs in the U.S. are attributable to lifestyle factors, such as an unhealthy diet, insufficient physical activity, high alcohol consumption, and smoking.

However, with regular screenings and lowering your risk by following a healthy lifestyle, colorectal cancer is one of the **most preventable** cancers.

### COLORECTAL CANCER REDUCE YOUR RISK

*About 90 percent of colorectal cancers and deaths are thought to be preventable. In addition to regular colorectal cancer screenings, exercise and maintaining a healthy weight can reduce your risk of colorectal cancer.*



- Get recommended screenings beginning at age 45
- Exercise daily
- Eat a healthy diet, rich in fiber
- Quit smoking
- Limit alcohol
- Talk to your doctor about family history and increased risk factors

SOURCES: Colon Cancer Alliance, Cancer.org, National Cancer Institute