

Colorectal Cancer: The Power of Prevention

Colorectal cancer is often preventable with lifestyle changes, routine screenings, and proactive health management.

Colorectal cancer is the **second leading** cause of cancer-related deaths in the U.S., yet it is one of the **most preventable** and **treatable** cancers when detected early. **Screening can often find colorectal cancer early**, when it's small, hasn't spread, and might be easier to treat. When colorectal cancer is found at an early stage before it has spread, the **5-year relative survival rate is about 90%**. Regular screening can even **prevent colorectal cancer**. With screening, doctors can find and remove polyps before they have the chance to turn into cancer.



- **Screening Saves Lives.** Colonoscopies and at-home stool tests can detect cancer early or even prevent it by removing polyps before they become cancerous. The American Cancer Society recommends regular screenings starting at age 45.
- **Eat for Gut Health.** A diet rich in fiber, fruits, vegetables, and whole grains supports a healthy digestive system and lowers cancer risk.
- **Stay Active.** Regular physical activity helps maintain a healthy weight and reduces inflammation.
- **Know Your Risk Factors.** Talk to your doctor about family history and other possible risk factors to know those you can change and those you cannot.
- **Limit Alcohol & Avoid Smoking.** Reducing alcohol intake and quitting smoking significantly lower your risk.

SOURCES: AMERICAN CANCER SOCIETY, NATIONAL CANCER INSTITUTE, CENTERS FOR DISEASE CONTROL AND PREVENTION