

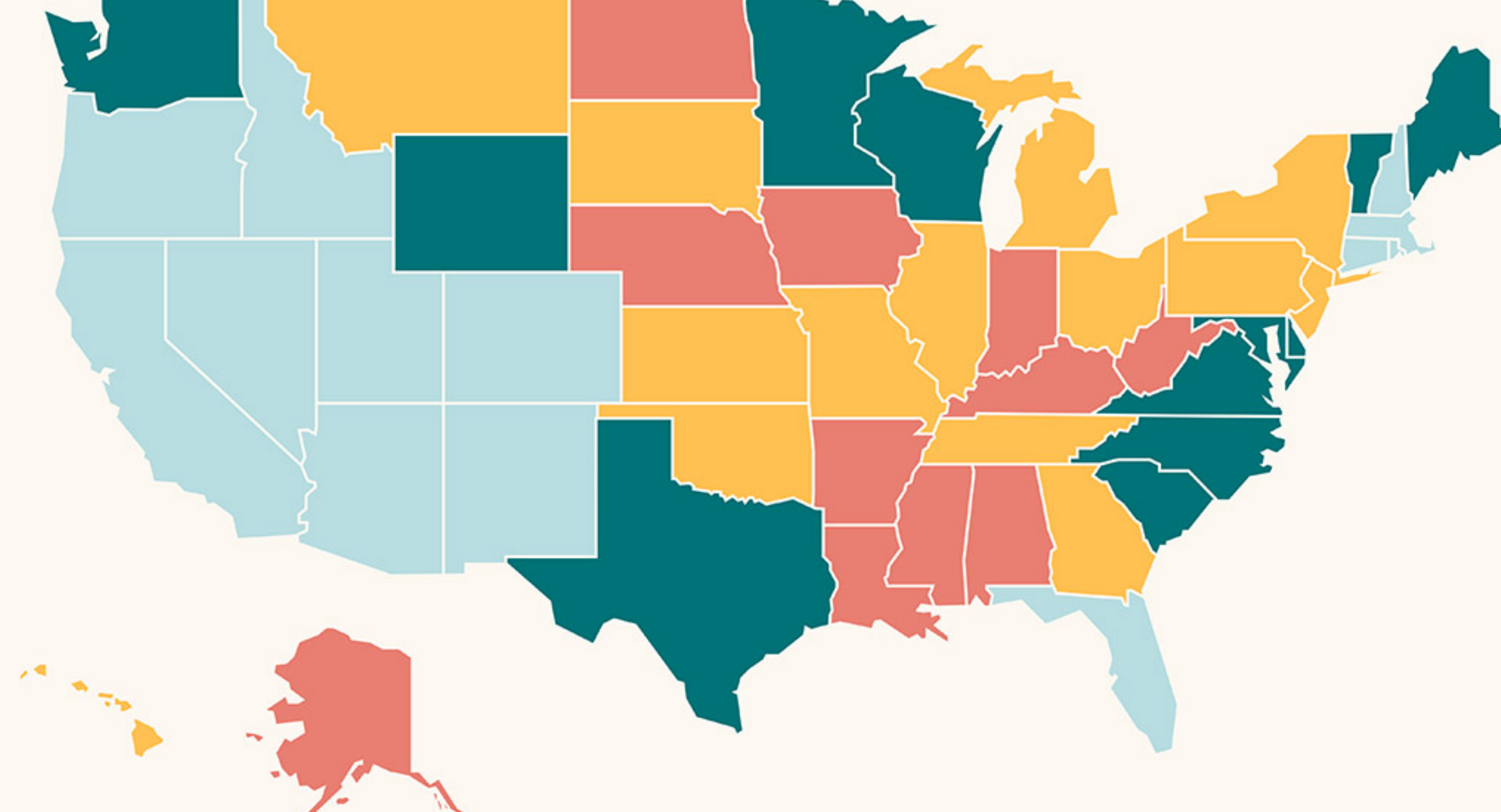
COLON CANCER IN THE U.S.

Risk, Detection & Prevention

Colon cancer is the third most common cancer diagnosed in the U.S. Anyone can develop colon cancer, but it's most commonly linked to the senior community.

COLON AND RECTAL CANCER

Rates by State



RATE PER 100,000 PEOPLE



WHO'S AT RISK?



90% of colon cancer is discovered in individuals aged 50 or older.



Approximately 4.2% of men and women will be diagnosed with colon cancer at some point during their life.

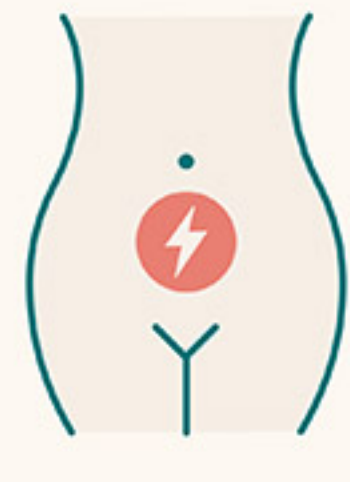


The average age of diagnosis is 68 for men and 72 for women.

COMMON SIGNS & SYMPTOMS

of Colon Cancer

When caught in the early, localized stages, colon cancer is highly treatable. Below are common signs and symptoms of colon cancer to look out for.



Persistent abdominal discomfort



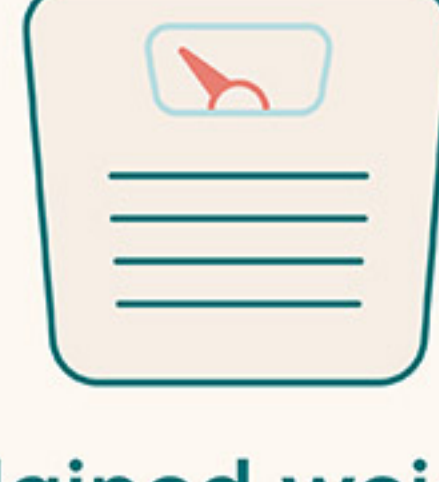
Change in bowel habits



Rectal bleeding or blood in the stool



Weakness or fatigue



Unexplained weight loss

6 WAYS TO LOWER YOUR RISK

of Colon Cancer

MAINTAIN A HEALTHY DIET

Diets rich in vegetables, fruits, and whole grains, and less red and processed meats, have been linked to a decreased risk of colon cancer.



EXERCISE REGULARLY

Those who are not physically active may have an increased risk of developing colon cancer. Moving your body regularly can reduce your risk.



WATCH YOUR WEIGHT

Being overweight or obese increases your risk of getting colon cancer. Eating healthier and increasing your physical activity can control your weight.



DON'T SMOKE

Studies show that long-term smokers are more likely to develop colon cancer than nonsmokers.



LIMIT ALCOHOL CONSUMPTION

Alcohol use has been linked with a higher risk of colorectal cancer. The American Cancer Society recommends no more than two drinks a day for men and one drink a day for women.



GET SCREENED

Colorectal screenings can often find growths on the colon or rectum called polyps that can be removed before they turn into cancer.



everlywell

Sources available at:

<https://www.everlywell.com/blog/colon-cancer/colon-cancer-statistics>