

March

COLON CANCER AWARENESS



Why is this important?

The American Cancer Society's estimates for the number of colorectal cancers in the United States for 2023 are 106,970 new cases of colon cancer, and 46,050 new cases of rectal cancer. Overall, the lifetime risk of developing colorectal cancer is about 1 in 23 for men and 1 in 26 for women. However, each person's risk might be higher or lower than this, depending on their risk factors.

What individuals can do :



Know the signs and symptoms of colon cancer, such as changes in bowel habits, rectal bleeding and persistent abdominal discomfort.



Talk to your doctor about when to begin colorectal cancer screenings and schedule a screening if appropriate.



Listen to your body and tell your doctor if something is not right.



Support Dress in Blue Day on March 6 and consider leading a fundraiser.



Know your family health history.

Sources: American Cancer Society. <https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html>.
Colorectal Cancer Alliance. <https://www.ccalliance.org/about/awareness-month>;
<https://www.ccalliance.org/about/awareness-month/dress-in-blue-day>