Colorectal cancer is the third most commonly diagnosed cancer in both men and women in the US. Routine testing can help prevent colorectal cancer or find it at an early stage, when it's smaller and easier to treat. If it's found early, the 5-year survival rate is 90%. Many more lives could be saved by understanding colorectal cancer risks, increasing screening rates, and making lifestyle changes.

**5-YEAR SURVIVAL RATE**

IF FOUND AT THE LOCAL STAGE

90%

DIAGNOSED AT AN EARLY STAGE

PARTLY DUE TO LOW TESTING RATES

39%

**WHO GETS COLORECTAL CANCER?**

ANYONE CAN GET COLORECTAL CANCER, BUT SOME PEOPLE ARE AT AN INCREASED RISK.

*Age adjusted to the 2000 US standard population
Data source: Colorectal Cancer Facts & Figures 2018
WHAT CAN YOU DO ABOUT IT?
REDUCE YOUR RISK BY MANAGING YOUR DIET, WEIGHT, AND PHYSICAL ACTIVITY, AND BY AVOIDING TOBACCO.

DO

LIMIT

DIET

BODY MASS INDEX

ACTIVITY

LIFESTYLE

18–25

A BMI of 25 or higher is considered overweight or obese.

25+

IF YOU'RE 45 OR OLDER,* TALK TO YOUR DOCTOR ABOUT GETTING TESTED.

<table>
<thead>
<tr>
<th>TYPE OF SCREENING TEST</th>
<th>PROS</th>
<th>CONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STOOL TESTS</strong></td>
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<tr>
<td>Guaiac-based Fecal Occult Blood Test/ Fecal Immunochemical Test</td>
<td>No direct risk to the colorectum, No bowel preparation, Sampling done at home</td>
<td>May miss some polyps/cancers, Done every year, Colonoscopy needed if abnormal</td>
</tr>
<tr>
<td>Multi-targeted stool DNA test (MT-sDNA)</td>
<td>No direct risk to the colorectum, No bowel preparation, Sampling done at home</td>
<td>May miss some polyps/cancers, Colonoscopy needed if abnormal, Done every 3 years</td>
</tr>
<tr>
<td><strong>VISUAL EXAMINATION TESTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flexible Sigmoidoscopy</td>
<td>Fairly quick, Sedation usually not used, Does not require a specialist, Should be done every 5 years</td>
<td>Doesn't view upper part of colon, Can't see or remove all polyps, Colonoscopy needed if abnormal</td>
</tr>
<tr>
<td>Colonoscopy</td>
<td>Can usually view entire colorectum, Can biopsy and remove polyps, Done every 10 years</td>
<td>Can be expensive, Higher risk than other tests, Full bowel preparation needed</td>
</tr>
<tr>
<td>CT Colonography</td>
<td>Fairly quick and safe, Can usually view entire colorectum, No sedation needed, Should be done every 5 years</td>
<td>Still fairly new test, Can't remove polyps during test, Full bowel preparation needed, Colonoscopy needed if abnormal</td>
</tr>
</tbody>
</table>

*For average-risk individuals with no symptoms, testing should begin at age 45. If you are at increased risk or are experiencing symptoms, speak to your health care provider right away.

Symptoms include: Rectal bleeding, blood in the stool, dark- or black-colored stools, change in shape of stool, lower stomach cramping, unnecessary urge to have a bowel movement, prolonged constipation or diarrhea, and unintentional weight loss.

TOGETHER, WE ARE STRONGER THAN CANCER.
The American Cancer Society is a global grassroots force of nearly two million strong. Our mission is to save lives, celebrate lives, and lead the fight for a world without cancer.