

# MARCH IS COLORECTAL CANCER AWARENESS MONTH

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## Key Facts You Should Know:

- 1 in 24 men and 1 in 26 women will develop colorectal cancer in their lifetime.
- Screening can detect precancerous polyps before they turn into cancer.
- The U.S. Preventive Services Task Force now recommends screenings start at age 45.
- Lifestyle factors like diet, exercise, alcohol, and smoking play a major role in prevention.

## Know the Symptoms & Take Action:

- Persistent fatigue or unexplained weight loss
- Changes in bowel habits (constipation, diarrhea)
- Blood in stool or rectal bleeding
- Abdominal pain or discomfort



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