

March is Colorectal Cancer Awareness Month

Centers for Disease Control & Prevention

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened.

To increase awareness about the importance of colorectal cancer screening, talk to your patients this month about what they can do to prevent colorectal cancer:

- Age 50 to 75, get [screened](http://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm) for colorectal cancer regularly. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.
- Be [physically active](#).
- Maintain a [healthy weight](#).
- Don't drink too much [alcohol](#).
- [Don't smoke](#).

Everyone can take these healthy steps to help prevent colorectal cancer.