

Colorectal cancer doesn't care how old you are

The truth is you're never too young, and colorectal cancer is on the rise in those under age 50



One in 10 are diagnosed before age 50

A recent survey of young cancer survivors indicated

82%

were initially misdiagnosed

73%

were diagnosed at a later stage

50%

felt their symptoms were ignored

62%

did not have family history

67%

saw at least two doctors before diagnosis

What can you do?



Know the signs and symptoms



Listen to your body and speak up if something is not right



Know your family health history

What are the warning signs?

- Anemia
- Rectal bleeding, dark or black stool
- Change in bowel habits
- Diarrhea and/or constipation
- Narrowing of stool
- Persistent abdominal discomfort (cramps, gas, pain, or feeling bloated)
- Unexplained weight loss
- Weakness or fatigue
- Nausea or vomiting
- If you have Crohn's, Colitis, or IBS, you are at a higher risk

ccalliance.org | Helpline: (877) 422-2030

The Colorectal Cancer Alliance is a national organization committed to ending colorectal cancer within our lifetime. We are your allies — a national network of passionate survivors, caregivers and advocates dedicated to helping you and your family navigate all aspects of the disease, from diagnosis and treatment to a lifetime of progression-free survival. We are a community of people eager to share experiences, address your concerns, and answer your questions. We understand the different stages of the colorectal cancer journey because we've been there. We are here for you when you need us because we believe tomorrow can't wait.

