



## Top 10 Colorectal Cancer Facts

- In 2022, an estimated **151,030** people will be diagnosed with colorectal cancer in the U.S., and an estimated **52,580** will die — making this disease the second-leading cause of cancer deaths.
- The average lifetime risk of colorectal cancer is **one in 24**, and age is the biggest risk factor. Most cases are diagnosed in people over age **50**.
- Unlike most cancers, colorectal cancer is highly preventable with screening. With early detection, it's highly treatable. Localized colorectal cancer (the earliest stage) has a **91%** survival rate with treatment.
- The most common symptom of colorectal cancer is **no symptom**. When symptoms are present, they include blood in or on stool, persistent abdominal discomfort, and unexplained weight loss.
- **Black/African Americans** have the highest mortality rate and second-highest incidence rate of colorectal cancer in the U.S. Black Americans are both 35% more likely to die from colorectal cancer and 20% more likely to develop it than non-Hispanic whites.
- The incidence rate of young-onset colorectal cancer is rising. In people under 50 years old, the incidence rate is increasing by **1.5%** every year.
- Colorectal cancer screening should begin at age **45**. Screening is the **No. 1** way to prevent colorectal cancer. Still, a third of eligible adults is not getting screened. Learn more at [getscreened.org](https://www.getscreened.org) and get a free screening recommendation based on personal risk factors at [quiz.getscreened.org](https://www.quiz.getscreened.org).
- People who have a first-degree relative (parent, sibling, offspring) with colorectal cancer have **two to three** times the risk of developing the disease. They should speak to a doctor about getting screened earlier than normal.

- Simple ways to reduce the risk of colorectal cancer include eating healthy, not smoking, exercising regularly, maintaining a healthy weight, limiting red meat intake, and adding calcium and vitamin D to your diet.
- There are more than **one million** colorectal cancer survivors in the U.S.