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 and get a free screening recommendation based on personal risk factors at 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.