

**Top 10 Colorectal Cancer Facts**

* In 2024, an [estimated](https://cancerstatisticscenter.cancer.org/#!/cancer-site/Colorectum) **152,810** people will be diagnosed with colorectal cancer in the U.S., and an estimated **53,010** will die — making this disease the second-leading cause of cancer deaths overall.
* The average lifetime risk of colorectal cancer is **one in 24**. Age and a family history of colorectal cancer are important unmodifiable risk factors. Smoking, obesity, and a poor diet are among modifiable risk factors. 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%** five-year survival rate with treatment.
* The most common symptom of colorectal cancer is **no symptom**. When symptoms are present, they may include blood in or on stool, persistent abdominal discomfort, and unexplained weight loss.
* **Black/African Americans** have the second-highest mortality rate and incidence rate of colorectal cancer in the U.S. Black Americans are both 35% more likely to die from colorectal cancer and 15% more likely to develop it than non-Hispanic whites.
* The incidence rate of **young-onset colorectal cancer** is rising. In people under 55 years old, the incidence rate is increasing by **1% - 2%** every year. According to the [latest data](https://acsjournals.onlinelibrary.wiley.com/doi/10.3322/caac.21820), colorectal cancer is the **leading cause of cancer death** among men under age 50 and the second leading cause of cancer death in women of the same age group.
* Colorectal cancer screening should begin at age **45**. Screening is the **No. 1** way to prevent colorectal cancer. Still, about a third of all eligible adults and 80% of adults ages 45 - 49 are not getting checked as recommended. In late 2020, the CDC [estimated](https://www.cdc.gov/pcd/issues/2020/20_0039.htm) that 68% of colorectal cancer deaths could be prevented if all eligible people were screened. Members of the public can get a free screening recommendation based on personal risk factors at [quiz.getscreened.org](http://quiz.getscreened.org).
* People who have a first-degree relative (parent, sibling, offspring) with colorectal cancer have **two to four** 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 **1.5 million** colorectal cancer survivors in the U.S.

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