

## **March is Colorectal Cancer Awareness Month**

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Colorectal Cancer Awareness Month is a time to encourage everyone over the age of 45 to get screened regularly for colorectal cancer. Colorectal cancer is cancer of the rectum or colon. It's the second leading cause of cancer-related death for both men and women.

**Risk factors:** Growths (called polyps) inside the colon, family history of colorectal cancer, smoking, personal history of Crohn's Disease or irritable bowel syndrome, or a personal history of radiation to the abdomen (belly) area or pelvic area to treat cancer.

**Screening options:** stool-based tests, like a FIT test, or visual exams of the colon and rectum, like a colonoscopy. You should discuss with your doctor which test is right for you based on your risk factors for colon cancer.

**Source: American Cancer Society** <https://www.cancer.org/cancer/types/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html>