



# Colorectal Cancer: Am I at Risk?

**Colon and rectal cancer** can happen to anyone. In the early stages of colorectal cancer, there are often no symptoms.<sup>1</sup>

That's why it's important to know the risk factors for colorectal cancer and to talk to your doctor about the right time to get screened. **Colorectal cancer has a better chance of being treated successfully when found early.** But only 1 in 3 cases are found early-stage because many people do not get regular colorectal cancer screenings.<sup>1</sup>



## Talk With Your Doctor About Colorectal Cancer

If you are 45 years of age or older, talk to your doctor about getting screened.<sup>3</sup>

Most health insurance plans cover 100% of screening costs. Call your health insurance plan to check your coverage.

**Your risk for colorectal cancer may be higher than other people you know.** Here are some of the risk factors:

### ♥ Age

As of 2019, 20% of colorectal cancers are in people under 54 years, an 11% increase from 1995.<sup>2</sup>

**Ask a doctor when to begin screening.**

### ♥ Family History

If you have a close relative who has had colorectal cancer or a colon polyp, you may be at higher risk for getting the disease, as up to 30% of people with the disease have a first degree relative.<sup>1</sup>

### ♥ Medical Conditions

Having an inflammatory bowel disease such as Crohn's or ulcerative colitis or type 2 diabetes may increase your risk of developing colorectal cancer.<sup>1</sup>

### ♥ Race

Rates of colorectal cancer are highest among Alaska Native and American Indian populations. Rates of colorectal cancer are also higher in Black people and African Americans compared with White people. This may be because fewer Black people and African Americans get screened for colorectal cancer.<sup>4</sup>

### ♥ Lifestyle

There are some choices you can make to help reduce your risk. These include avoiding tobacco, eating a healthy diet which includes avoiding alcohol and processed meats, keeping a healthy weight, and being physically active.<sup>1</sup> **Talk with your doctor about what is right for you.**



Getting regular screenings is essential to finding cancer early and taking control of your health. Visit [www.CancerScreenWeek.org](https://www.CancerScreenWeek.org) to learn more about the potentially lifesaving benefits of cancer screening and download helpful resources for talking with your healthcare professional.

**Genentech**  
A Member of the Roche Group



**Optum**

#### References:

1. American Cancer Society: Cancer Facts & Figures 2024: Available at: <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2024/2024-cancer-facts-and-figures-acf.pdf>. Accessed June 24, 2024.
2. American Cancer Society: Colorectal Cancer Facts and Figures 2023-2025. Available at: <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/colorectal-cancer-facts-and-figures/colorectal-cancer-facts-and-figures-2023.pdf>. Accessed June 24, 2024.
3. Wolf AM, Fontham ET, Church TR, et al. Colorectal cancer screening for average-risk adults: 2018 guideline update from the American Cancer Society. *CA Cancer J Clin*. 2018;68(4):250-281.
4. American Cancer Society: Cancer Facts & Figures for African Americans 2022-2024. Available at: <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-african-americans/2022-2024-cff-aa.pdf>. Accessed June 24, 2024.