



Facts

- Colorectal cancer is the third most commonly diagnosed cancer in the country and in the Commonwealth of Virginia
- Colorectal cancer is the second leading cause of deaths from cancer when combining occurrences in both men and women
- Colorectal cancer is one of the most preventable types of cancer
- Risk Factors
 - Age – Most common over the age of 50; however, the number of occurrences for those younger than 50 is increasing
 - Family History – Your risk increases if a member of your family has been diagnosed with colon cancer, especially a parent, sibling, or child.
 - Personal History
 - Lifestyle (see below)

Preventable

- Colorectal cancer screenings – Begin regular screenings at the age of 45
 - Colonoscopy – remains the “Gold Standard” for detection and removal of precancerous polyps
 - Stool-based tests
 - Blood-based tests
- Lifestyle Changes
 - Achieving a healthy weight
 - Controlling Type 2 Diabetes
 - Following a healthy diet
 - Smoking and alcohol use

Treatable

- Polypectomy & Local Excision – Removal of precancerous polyp and small cancers using a colonoscope
- Surgery – Removal of cancerous portion(s) of the colon
- Chemotherapy
- Radiation

Sources:

[American Cancer Society](#)

[Virginia Department of Health: Top Cancers 2017 - 2021](#)