

# 45 IS THE

# New 50

## *Lower Age* TO START SCREENING

Age 45 is now the recommended age to start screening for colorectal cancer among average-risk adults, according to the American College of Gastroenterology.

### *An Important* CHANGE

- This is an important change from earlier guidelines that recommended starting at age 50 for most people and age 45 for African Americans. Now, “45 is the new 50” to start screening for **everyone** at average risk for colorectal cancer (no personal history of colorectal cancer, inflammatory bowel disease, or first-degree relative family history).

### *You Can* PREVENT COLORECTAL CANCER

- With screening, your gastroenterologist can diagnose colorectal cancer at an earlier stage when it is more curable. Importantly, they can also remove pre-malignant polyps and help prevent colorectal cancer.

### *Never Ignore* NEW OR WORRYING SYMPTOMS

- Reach out to your health care providers if you have any new or worrying symptoms, regardless of your age. This includes blood in the stool, a change in bowel habits, rectal or abdominal pain, unexpected weight loss, or unexplained or new anemia (low red blood counts).



Learn about your screening options for colorectal cancer: [gi.org/coloncancer](https://gi.org/coloncancer)



Find a gastroenterologist near you: [gi.org/findagi](https://gi.org/findagi)



American College of Gastroenterology | [gi.org](https://gi.org)