In the United States, colorectal cancer is the third most common cancer in both men and women, yet it is one of the most preventable types of cancer.

**3RD**

- **1 in 23**
  - Lifetime risk of colorectal cancer for men
- **1 in 25**
  - Lifetime risk of colorectal cancer for women
- **150,000+**
  - Estimated new cases of colorectal cancer this year
- **50,000+**
  - People will die from colorectal cancer this year

It has been estimated that people born around 1990 have twice the risk of colon cancer and four times the risk of rectal cancer than those born around 1950. While the reasons for these trends are complex, experts suggest unhealthy diet and sedentary lifestyle may contribute.

**1990**

**SCREENING Saves Lives**

**AGE 45 TO 75**

- Adults at average risk for colorectal cancer should get screened

**AGE 75+**

- The decision to continue screening should be personalized in adults over age 75

**POLYPS**

- Removing polyps reduces the risk of colorectal cancer and saves lives. The power of prevention!

**10 VS. 1**

- In general, colonoscopy every 10 years starting at age 45 for average risk adults is recommended as a screening test as compared to the alternate stool FIT test which you have to undergo every 1 year.

**1-Step Test**

**COLONOSCOPY**

Your doctor can see and remove pre-cancers called polyps and prevent or detect or confirm colorectal cancer. **ALL IN 1 STEP.**

**2-Step Test**

1. **1ST STEP**
   - Stool-Based Test
     - FIT Test (Fecal Immunochemical Test)
     - Multitarget Stool DNA
   - OR
   - Flexible Sigmoidoscopy
   - OR
   - Imaging Test
     - CT Colonography
     - Colon Capsule

2. **2ND STEP**

   **COLONOSCOPY**

   **POSITIVE TEST?**

   - If tests such as Fecal Immunochemical Tests (FIT) or multitarget stool DNA are positive, a follow up colonoscopy would be required to as a second test.

Learn More: [gi.org/coloncancer]

Find a gastroenterologist near you: [gi.org/find-a-gastroenterologist]

Read ACG 2021 Colorectal Cancer Screening Guidelines: [bit.ly/ACG2021-CRC-Guideline]