

Colorectal Cancer Fact Sheet

FACTS

- Colorectal cancer is a cancer of the digestive or gastrointestinal system. It begins in either the colon or the rectum, which are part of the large intestine.
- Colorectal cancer is the **third most common cancer diagnosed** in both men and women in the United States.
- The lifetime risk of developing colorectal cancer is about **1 in 24 for men** and **1 in 26 for women**, depending on individual risk factors.
- There are **more than 1.5 million** colorectal cancer survivors in the United States.
- When colorectal cancer is **detected early**, the 5-year relative survival rate is near **90%**.

ABOUT US

Our mission is to reach all people impacted by cancer - those diagnosed, their loved ones, and caregivers - so that no one faces cancer alone.

All our programs and services are **FREE** to our members.

FAQ

- **Symptoms of colorectal cancer** include: bleeding from the rectum or blood in stool, changes in bowel movements that lasts more than a few days, abdominal pain or bloating, and unexplained weight loss.
- **Colorectal cancer screening**, like a colonoscopy, are recommended at age 45. That could change depending on family history and risk factors.
- You can **cope with the emotional and social effects** of colorectal cancer by participating in support groups, mindfulness and wellness activities, and educational programs - which we **offer for free here at Crossroads4Hope**.

OUR FREE SERVICES

- **MyGo2Support:** our mobile engagement program
- Individual and group **support groups**
- Mindfulness Programs including: **yoga, meditation, T'ai Chi Chih**
- **Nutritional Classes**
- **Health Champions Program**