



COLORECTAL CANCER AWARENESS MONTH MARCH 2024 | QUICK FACTS

- The American Cancer Society (ACS) estimates 1,520 Nevadans will be diagnosed with colorectal cancer in 2024 and 560 will die of the disease.
- Colorectal cancer is the #2 cancer killer in Nevada by total numbers, only behind lung cancer.
- The latest ACS data shows that colorectal cancer is now the leading cause of cancer deaths among men under 50, and second for women under 50.
- Black Nevadans are more likely to be diagnosed with and die from colorectal cancer than other Nevadans. Black men bear the greatest risk, with twice as many colon cancer deaths as Black women.
- Some lifestyle choices may increase risk of colorectal cancer including lack of exercise; a diet low in fruits, vegetables, and fiber; a diet high in fat or processed meats; being overweight; using alcohol or tobacco.

SCREENING / EARLY DETECTION

- The U.S. Preventive Services Task Force recommends adults ages 45-75 and at average risk screen for colorectal cancer regularly based on selected method—every year with blood/DNA stool test or every 10 years with colonoscopy.
- Some people may have increased risk of colorectal cancer, including those with a personal family history of colorectal cancer or colorectal polyps. Other risk factors include having an inflammatory bowel disease such as Crohn's disease or ulcerative colitis, or a genetic syndrome such as Lynch syndrome. People with increased risk may begin screening before age 45.
- In 2022, 61% of Nevadans ages 45-75 said they had been screened for colorectal cancer within the recommendations. (Colonoscopy within the past 10 years or blood stool test within the past year.)
- In 2022, 32.4% of Nevadans ages 45-75 said they had never been screened for colorectal cancer.
- Colonoscopy is often considered a preventive exam if done regularly. A doctor can find pre-cancerous polyps and remove them before they become cancer.