



# March is Colorectal Cancer Awareness Month!

According to the American Cancer Society, excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States, but it is the leading cause of cancer death. **Regular colorectal cancer screening is one of the most powerful weapons for preventing colorectal cancer because it can detect cancer or pre-cancer in people with no symptoms of the disease.** Catching it early when it's small or hasn't spread makes it easier to treat. The United States Preventive Services Task Force recommends screening starting at age 50 for people with no increased risk, or earlier if you have a strong family history.

## Colorectal Cancer Prevention

- **Being Overweight or Obese** – Maintain a healthy weight and avoid weight gain around the midsection
- **Physical Inactivity** – Increase the intensity and amount of your physical activity
- **Diet** – Limit red meat (beef, pork & lamb) and processed meats (hot dogs and lunch meats)
- **Alcohol** – Avoid excess alcohol
- **Smoking** – Quit smoking



Click [here](#) to find out your personal risk of developing colorectal cancer with this online Colorectal Cancer Risk Profiler



If you are age 50 or older, your health plan may cover preventive, screening colonoscopies at 100% under the preventive services benefit. Please see plan document for details.

Remember,  
early detection  
is the key!!