

# USE YOUR HEAD TO SAVE YOUR REAR

Colorectal cancer is the **second deadliest cancer** in the United States among both men and women.

[cdc.gov/cancer/colorectal/pdf/basic\\_fs\\_eng\\_color.pdf](http://cdc.gov/cancer/colorectal/pdf/basic_fs_eng_color.pdf)

**1.5 million survivors** because of screening and by reducing lifestyle-related risk factors.

According to the CDC, **68% of deaths could be avoided with screening.**

[cancer.org](http://cancer.org)

Over 87% of colorectal cancer is found in people **50 YEARS AND OLDER.**

[acsjournals.onlinelibrary.wiley.com/doi/10.3322/caac.21772](http://acsjournals.onlinelibrary.wiley.com/doi/10.3322/caac.21772)

13% of colorectal cancer is in people **UNDER 50.**

**Black Americans** are 20% more likely to get colorectal cancer and are 40% more likely to die from it.

[fightcolorectalcancer.org/about-colorectal-cancer/general-information/facts-stats/](http://fightcolorectalcancer.org/about-colorectal-cancer/general-information/facts-stats/)

**Regular screenings starting at age 45** are the key to preventing colorectal cancer and finding it early.

[cdc.gov/cancer/colorectal/basic\\_info/screening/index.html](http://cdc.gov/cancer/colorectal/basic_info/screening/index.html)

**Colonoscopy** is a screening test for colorectal cancer that looks at the whole colon for precancerous polyps.

**TALK TO YOUR PRIMARY CARE PHYSICIAN ABOUT YOUR RISK FACTORS AND SCREENING.**

If you need a primary care physician, contact the ECHN Medical Group at 860.533.2981 or visit [echn.org/echn-medical-group](http://echn.org/echn-medical-group)



If you have been diagnosed with cancer, our Navigation Care Team is here to help. Call 860.533.2929 for more information or scan the QR code.

**ECHN**<sup>SM</sup>  
Eastern Connecticut Health Network