

Press Release

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FOR IMMEDIATE RELEASE

TOPIC: Colorectal Cancer

COLORECTAL CANCER SCREENING SAVES LIVES

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short.

Sometimes abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure.

Your risk of getting colorectal cancer increases as you get older. More than 90% of cases occur in people who are 50 years old or older. Other risk factors include having inflammatory bowel disease, a personal or family history of colorectal cancer, or a genetic syndrome.

Lifestyle factors which can contribute to an increased risk of colorectal cancer include—

- Lack of regular physical activity.
- A diet low in fruit and vegetables.
- A low-fiber and high-fat diet.
- Overweight and obesity.
- Alcohol consumption.
- Tobacco use.

Regular screening, beginning at age 45, is the key to preventing colorectal cancer and finding it early. The U.S. Preventive Services Task Force (Task Force) recommends that adults age 45 to 75 be screened for colorectal cancer. The Task Force recommends that adults age 76 to 85 talk to their doctor about screening.

On a separate note, it is important to point out that Kentucky is one of the unhealthiest states in our nation; but, a few healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place. Visit our website at www.LCDHD.org and click the “52 Weeks to Health” banner to learn more about each of these areas.

Source: Centers for Disease Control (CDC) https://www.cdc.gov/cancer/colorectal/basic_info/