



March is Colorectal Cancer Awareness Month

This March, show your support of National Colorectal Cancer Awareness Month by wearing dark blue on:

Wednesday, March 11, 2020.

COLORECTAL CANCER FACTS

- ◇ Colorectal cancer is one of our top cancer sites for new cases annually in both California and locally here in Humboldt County.
- ◇ Because of growing evidence that colorectal cancer has been increasing in young people, American Cancer Society recommends screening testing starting at age 45 for anyone with a family history of colon or rectal cancer. Screening is recommended starting at age 50 for most people.
- ◇ Screening can be as easy as an annual stool test or you can choose to do a colonoscopy every ten years.
- ◇ You can lower your risk by eating a healthy diet, exercising regularly, avoiding tobacco & alcohol, and maintaining a healthy weight.