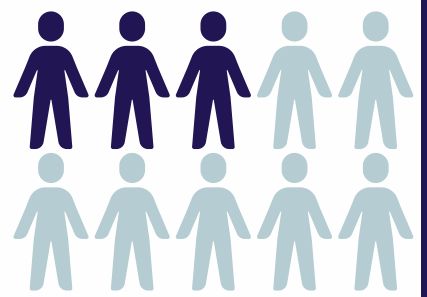


SAVING LIVES WITH SCREENING FOR... Colorectal Cancer

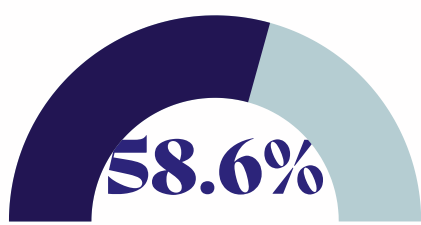
This infographic is to provide information, prevention recommendations, and data on how Colorectal Cancer affects AA and NH/PI communities

WHAT IS COLORECTAL CANCER

- A cancer that forms in the colon or rectum (the intestine).
- Abnormal growths called "polyps" can form on the lining of the intestine and may become cancerous.
- It affects every 1 in 3 adults aged 50-75 yrs. It is important to get screened.

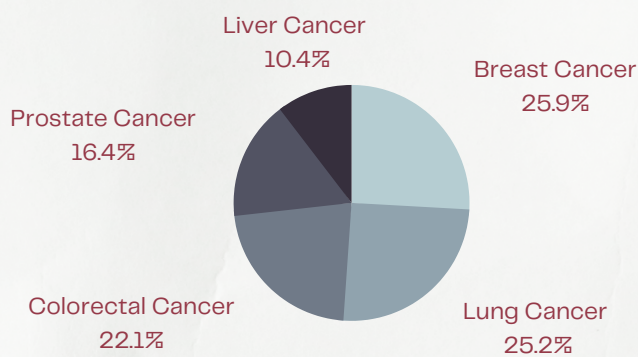


INCIDENCE RATES



In 2015, there were 28.8 new cases of reported colorectal cancers per 100,000 people who were of Asian or Pacific Islander descent. Of those new cases, 33.2 per 100,000 were male while 25.2 per 100,000 were female. Overall 58% of AA and NH/PI are likely to get colorectal cancer vs. their white counterpart.

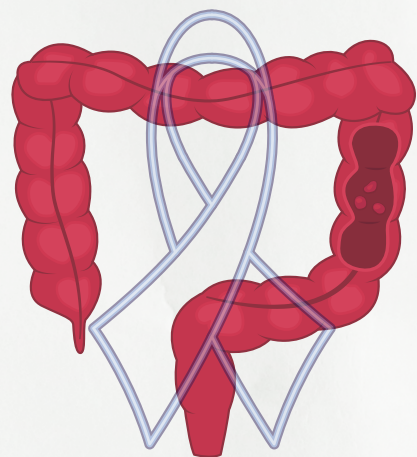
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Colorectal Cancer is part of the top 5 cancers

It is the third leading cause of cancer death among Asian American, Native Hawaiian, and Pacific Islander (AANHPI) men and women. Among AANHPI subgroups, incidence rates are lowest in Asian Indians or Pakistanis and highest in Japanese.

3



3rd leading cause of cancer death among AA & NH/PI

Symptoms of Colorectal Cancer

Although colorectal cancer does not always cause symptoms, symptoms may include:

- Bloody stool
- Persisting stomach pains, aches, or cramps
- Unexplained weight loss
- Gas pain
- Chronic fatigue

PREVENTION

1 GET SCREENED

With early detection, many polyps can be found and removed before they become cancerous.

- ★ Adults 45 years and older should get regular screenings.

2 QUIT SMOKING

Smoking is associated with other cancers besides lung cancer.

3 LIMIT ALCOHOL

2 drinks per day for men and 1 drink per day for women

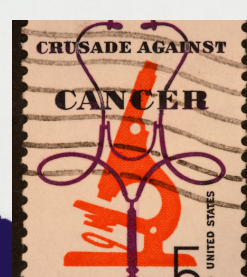
PREVENTION

4 PHYSICAL ACTIVITY

Be active on a regular basis - aim for moderate to vigorous intensity

5 HEALTHY EATING

Limit consumption of red and processed meats. Eat more fruits, vegetables, and whole grains.



References

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