

## Colorectal Cancer Backgrounder – Highland Hospital Public Relations (March 2015)

### **Epidemiologic Data\***

- According to national statistics, colon cancer is the second most common cancer for men and women in the United States
- Globally colorectal cancer is the third most common cancer in males and second in females
- Over 1 million cases are reported worldwide each year
- In the U.S., 136,000 cases are expected annually
- Annually 50,000 Americans die from this disease

### **Incidence**

- Rates have declined 3% annually for the past 10 years
- Lifetime risk in the United States is 5%
- The incidence is 25% higher in men than women and 20% higher in African Americans compared to Caucasians

### **Monroe County Data**

- Monroe County averages 386 new cases of colon cancer and 150 deaths annually
- Approximately 10,000 new cases occur each year

### **Risk Factors (inclusive of more common factors)**

- Family history of colon cancer and polyps
- Inflammatory Bowel Disease
- Long term immunosuppression
- Obesity, smoking and alcohol
- Excess red meat and low fiber diet

### **Early Detection & Screening**

- Making the decision to have a Colonoscopy at age 50 is a life-saving step that can reduce an individual's risk of colon cancer by up to 75%
- Beginning at age 50, both men and women at *average risk* for developing colorectal cancer should have:
  - Colonoscopy every 10 years, or at-home stool test every year, or Sigmoidoscopy every 5 years with stool test every 3 to 5 years

**Highland Hospital Procedure Center:** Visit our web site to view our new video, "Preparing for Colonoscopy" or to learn more about the Highland Hospital Procedure Center  
Web site: [Highland.urmc.edu \(https://www.urmc.rochester.edu/highland/departments-centers/Highland-Procedures-Center/Endoscopy.aspx\)](https://www.urmc.rochester.edu/highland/departments-centers/Highland-Procedures-Center/Endoscopy.aspx)

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