

WHAT IS COLORECTAL CANCER?

Abnormal cells that originate in the colon or rectum. Begins as a noncancerous growth or “polyp”.¹

According to the Indiana State Cancer Registry, during 2015-2019,

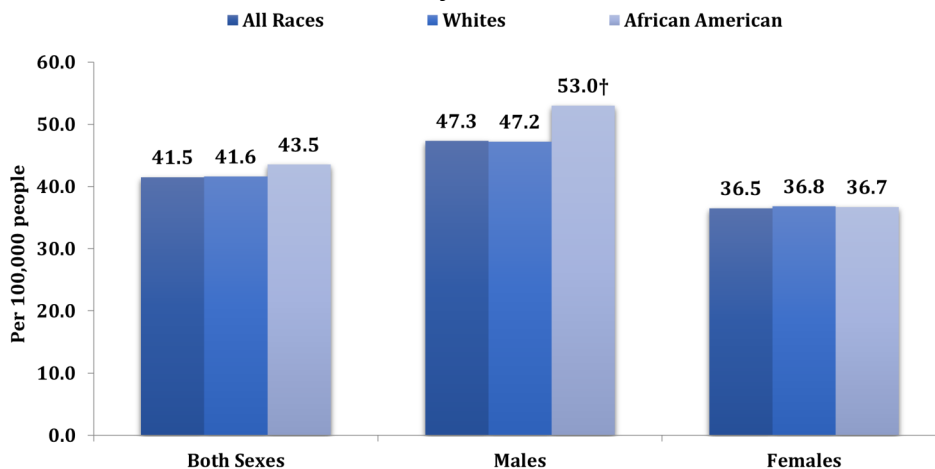
Indiana’s colorectal cancer incidence rate was 41.5 per 100,000 people.

In Indiana, Black individuals have higher colorectal cancer incidence than White individuals, and men have higher rates than women.²

WHO GETS COLORECTAL CANCER?

Sex and age are the two greatest risk factors for developing colorectal cancer.²

Colorectal Cancer Incidence Rates by Sex and Race*—Indiana, 2015-2019



*Age-adjusted to the US 2000 Standard Population.

Note: Excludes *in situ*

†Rate among African-American males is significantly higher ($P < .05$) than rate among whites

Source: Indiana State Cancer Registry

WHEN TO GET CHECKED FOR COLORECTAL CANCER

- **If you are age 50 to 75 years old, you should get screened for colorectal cancer.**³
- **The vast majority of new cases of colorectal cancer (about 90%) occur in people who are 50 or older.**³

Talk to your doctor about which test or tests are right for you.² Check with your insurer. Your health plan may cover preventive tests.

HOW TO HELP PREVENT COLORECTAL CANCER³

- **Get** regular screenings
- **Avoid** tobacco products
- **Limit** consumption of alcohol
- **Maintain** a healthy weight throughout life
- **Adopt** a physically active lifestyle

Fast Facts

- Colorectal cancer is the third most commonly diagnosed cancer among both males and females in Indiana, as well as in the United States overall.⁴
- Colorectal cancer is the second leading cause of death among males, and the third leading cause of cancer-related deaths among females in Indiana.²
- The lifetime risk of developing colorectal cancer is one in 24 for females and one in 22 for males.⁴
- In Indiana, Black individuals have higher colorectal cancer incidence and mortality rates than White individuals.²

WHY YOU SHOULD GET SCREENED

Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.³ A **screening test** is used to look for a disease when a person does *not* have symptoms. (When a person has symptoms, diagnostic tests are used to find out the cause of the symptoms.)

Colorectal cancer can develop from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.³

WHERE TO GO FOR MORE INFORMATION

- For a colorectal cancer toolkit with resources and information, please visit: <https://indianacancer.org/resources/colorectal-cancer/>
- To learn more about how to decrease the cancer burden in Indiana, refer to the *Indiana Cancer Control Plan 2020-2022* report at www.indianacancer.org
- Visit www.QuitNowIndiana.com or call 1-800-QUITNOW for help quitting smoking.
- To learn more about how to support healthy eating and physical activity throughout Indiana, visit the Indiana Healthy Weight Initiative at www.inhealthyweight.org.

HOW TO HELP

- Support initiatives, such as the National Colorectal Cancer Roundtable's (NCCRT's) *80% in Every Community* campaign, which aim to increase colorectal cancer screening. Visit the [NCCRT website](#) to take the *80% in Every Community* pledge today!
- Take advantage of free public service announcement materials, such as the Centers for Disease Control and Prevention's *Screen for Life* campaign, to help educate your community about the benefits of colorectal cancer screening.
- Join the Indiana Cancer Consortium. Sign up at indianacancer.org.

References:

1. Cancer Statistics Center cancer.org
2. Indiana State Cancer Registry
3. Division of Cancer Prevention and Control, Centers for Disease Control and Prevention. <https://www.cdc.gov/cancer/colorectal/statistics/index.htm>
4. Division of Cancer Prevention and Control, Centers for Disease Control and Prevention. https://www.cdc.gov/cancer/colorectal/basic_info/screening/
5. Indiana Cancer Facts and Figures., Fifth Edition <https://www.in.gov/isdh/files/Indiana%20Cancer%20Facts%20and%20Figures%202018.pdf>

For additional information on colorectal cancer: in.gov/health

