

FACTS



- Colon Cancer is the second – leading cause of cancer deaths in both men and women in U.S.
- 146,970 people were diagnosed with Colon Cancer in 2009.
- About 49,920 died of Colon Cancer in 2009.
- 1 out of 18 people get Colon Cancer.

Facts



- Colon Cancer is “ the disease that no one has to die from”.
- Colon Cancer is preventable and treatable.

Facts



- Colon Cancer is the “equal opportunity disease” men and women are equally affected.
- 93 % of cases are in people over 50.
- 75 % of cases occur in people of **average risk**.
- 25 % of cases occur in people with an **increased risk**.

Facts



DETECTION	FIVE YEAR SURVIVAL
EARLY	90%
LATE (metastasis)	10%

RISK FACTORS THAT YOU CANNOT ALTER



- Age
- Family History of Colon Cancer and/or polyps
- Personal history of polyps or Colon Cancer
- Personal history of Colitis or Crohns disease

Who's at increased risk for Colon Cancer ?



- Persons with first degree relatives (parents, siblings, children) with colorectal cancer or polyps.
- Persons with a personal history of polyps?
- Persons with a longstanding history of Crohn's disease or ulcerative colitis.
- African-Americans, obese, smokers.

Who is at average risk?



- Everybody 50 years or older that is not at an increased risk.

Body Weight and Fat Distribution



- Body Mass Index and increased risk of Colorectal cancer
- Waist circumference:
 - 33% increased risk per each 10 cm increments in waist circumference

Physical Activity



- Physically active individuals had a 20 to 30 % lower risk of colon cancer compared with less active individuals. (eg, brisk walking for 3 – 4 hours/week)

Red meat



- Up to three folds increase in Colon Cancer
- Cooking process
 - Heavily browned surface
 - Prepared at high temperature at a prolonged duration



Alcohol



- Men that drink more than 2 drinks of alcohol daily have a two fold increase of Colon Cancer.

Tobacco



- Increased risk of Colon Cancer
 - Daily cigarette smoking
 - Duration
 - Age of initiation

