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.
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.
<table>
<thead>
<tr>
<th>DETECTION</th>
<th>FIVE YEAR SURVIVAL</th>
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<tbody>
<tr>
<td>EARLY</td>
<td>90%</td>
</tr>
<tr>
<td>LATE (metastasis)</td>
<td>10%</td>
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</tbody>
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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 Crohn's 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