***Blurb Options for March 2024***

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### **What is Colorectal Cancer?**

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the colon or rectum, it is called colorectal cancer. The colon and rectum are parts of the digestive system, which break down food.

Sometimes, colorectal cancer is called “CRC” for short. CRC is the fourth most common cancer in the United States and the second deadliest.

Not every colorectal cancer is the same. Certain factors affect a patient’s prognosis. These include the cancer’s stage and location, whether cancer cells exist after treatment, and a patient’s overall health.

Treatment for CRC may include surgery, chemotherapy, radiation, immunotherapy, and more. All treatments can cause side effects. New treatments are being tested in clinical trials.

Colorectal cancer is highly preventable with routine screening starting at age 45. To learn more, visit [colorectalcancer.org](http://colorectalcancer.org) or find out when and how to get screened at [quiz.getscreened.org](http://quiz.getscreened.org).

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### **Get Screened for Colorectal Cancer: It Could Save Your Life**

Don't wait until symptoms appear. Colorectal cancer, often silent in its early stages, is the second deadliest cancer in the U.S. But the good news? It's highly preventable with screening starting at age 45.

**Early detection is key:** Cases detected early have a high survival rate. Talk to your doctor about your risk and learn about your [screening options](https://colorectalcancer.org/screening-prevention/screening-methods), including colonoscopy, stool-DNA, or FIT.

**Know your risk factors:** Family history, certain conditions, and ethnicity can increase risk. Learn more and find a personalized screening plan at [quiz.getscreened.org](http://quiz.getscreened.org).

**Help end it:** The national nonprofit Colorectal Cancer Alliance is working to end colorectal cancer in our lifetime. [Share their message!](https://socialpresskit.com/colorectal-cancer-alliance) Help spread awareness and empower others to take control of their health.

 Visit [www.colorectalcancer.org](http://www.colorectalcancer.org) to learn more and get involved.

### **Don't Wait for Symptoms: Take Control of Your Colorectal Health**

Did you know that colorectal cancer is the second deadliest cancer in the U.S., but it's also highly preventable? By getting screened starting at age 45, you can catch colorectal cancer early, when it’s most treatable, or prevent it entirely.

**Don't wait for symptoms like:**

* Blood in your stool
* Unusual bowel changes
* Persistent stomach pain
* Unexplained weight loss

**Early detection is key.** With a 91% survival rate when caught early, getting screened for colorectal cancer could save your life.

**Take the Colorectal Cancer Alliance** [**screening quiz**](https://colorectalcancer.org/screening-quiz) to find out what screening option is right for you, based on your personal risk factors, and talk to your healthcare provider.

### **March is National Colorectal Cancer Awareness Month**

Colorectal cancer (CRC) is the second deadliest cancer in the U.S., but it’s also highly preventable. This March, learn more about CRC and take charge of your colon health.

**Three things you need to know:**

* **Early detection is key:** When caught early, over 90% of colorectal cancer cases are successfully treated. Unfortunately, this cancer often shows no symptoms until later stages.
* **Screening saves lives:** Regular screening starting at age 45 significantly reduces your risk. Several safe and effective options are available, like colonoscopies and stool-based tests.
* **Know your risk factors:** Some people are at higher risk due to family history, certain medical conditions, or ethnicity. Talk to your doctor to understand your individual risk.

**The Colorectal Cancer Alliance is dedicated to ending colorectal cancer in our lifetime. Visit the national nonprofit online for:**

* [Free personalized screening recommendations](https://colorectalcancer.org/screening-quiz) based on your risk factors.
* Reliable information and resources: Learn more about [risk factors](https://colorectalcancer.org/screening-prevention), [symptoms](https://colorectalcancer.org/basics/colorectal-cancer-symptoms), and [treatment options](https://colorectalcancer.org/treatment).
* [Supportive community](https://colorectalcancer.org/resources-support/community-support/online-communities-colorectal-cancer-patients-and-families): Connect with others affected by colorectal cancer and find helpful resources.

**This March, make your health a priority and add these two things to your calendar:**

**1.**  **Schedule a screening:** Talk to your doctor about the risks and choose the best screening option for you.

**2. Share awareness:** [Spread the word to your friends and family](https://socialpresskit.com/colorectal-cancer-alliance) about the importance of screening. Remind your family and friends that if they are over 45 years old, it’s time to talk about colorectal health.