

Never Too Young for Colorectal Cancer

The rise of young-onset CRC

Colorectal cancer doesn't care how old you are. In fact, colorectal cancer (CRC) is on the rise in patients under the age of 50 — the only age group with a rising incidence rate. When CRC is diagnosed in a person under 50, it's called early- or young-onset colorectal cancer. Researchers have not concluded why young-onset colorectal cancer is on the rise, but the Alliance is funding research to help find out.

1 in 10

More than 10% of CRC cases occur in people under 50.

1.5%

Young-onset CRC cases are rising 1.5% every year.*

45

Screening should begin at age 45 for people at average risk.

**American Cancer Society*

Research, advocacy, and support

Young-onset colorectal cancer patients and survivors face unique challenges. Traditionally, their concerns have been unmet by personal and medical networks. And young people are often diagnosed with more advanced cancer than their older peers. The Colorectal Cancer Alliance has made young-onset colorectal cancer a top priority. We advocate for awareness, accelerate research, and offer meaningful support, including patient navigation and peer communities.

Learn more about our **Never Too Young Program** at ccalliance.org/nevertotoyoung.



Prevention tips

- Know the signs and symptoms.
- Listen to your body and speak up if something is not right.
- Know your family's health history.
- Ask your doctor about your risk and when to start screening.

Find out when and how you should get screened based on your personal risk factors at quiz.getscreened.org.

Symptoms

The most common symptom of colorectal cancer is no symptom, and that's why routine screening is critical. If symptoms are present, they may include:

- Blood in or on stool
- Persistent unusual bowel movements like constipation or diarrhea
- Stomach pain, aches, or cramps that don't go away
- Losing weight for no reason

ccalliance.org | Helpline: (877) 422-2030

The Colorectal Cancer Alliance is a national organization committed to ending colorectal cancer within our lifetime. We are your allies — a national network of passionate survivors, caregivers and advocates dedicated to helping you and your family navigate all aspects of the disease, from diagnosis and treatment to a lifetime of progression-free survival. We are a community of people eager to share experiences, address your concerns, and answer your questions. We understand the different stages of the colon cancer journey because we've been there. We are here for you when you need us because we believe tomorrow can't wait.

