

COLON CANCER AWARENESS MONTH



Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the third most common cancer diagnosis in the Greater Bay Area. But this disease is highly preventable.

Colon Cancer Facts



Source: The Greater Bay Area Cancer Registry: 2016 Annual Incidence and Mortality Review

- Incidence rates have declined for both genders and all racial/ethnic groups over time.
- Incidence rates are highest among blacks followed by whites.
- Hispanics and Asian/Pacific Islanders have similar incidence rates.
- Mortality rates have declined over the past 26 years, except in black men.

#GetinFront of Colon Cancer with these tips:

Source 1.usa.gov/17mQoa8

1 GET SCREENED

If you need surgery, check the California Healthcare Foundation report of Cancer Surgeries in California Hospitals to find the best fit for you: bit.ly/1OXLH4S

2 AVOID RED MEAT

3 MAINTAIN A HEALTHY WEIGHT

4 DON'T DRINK TOO MUCH ALCOHOL

5 DON'T SMOKE

From 1988 to 2012, the decline of overall cancer incidence was largely due to declines in smoking: bit.ly/1nLycyT



To learn more about colon cancer research studies from the Cancer Prevention Institute of California visit: bit.ly/1QVA4Qc



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