



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*



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## PRESS RELEASE FOR LOCAL MEDIA

**To: Local News Media**  
**From: Central Michigan District Health Department**  
**RE: Colorectal Cancer Awareness – March 2023**  
**Release Date: February 21, 2023**

### Early Screening Essential to Colorectal Cancer Prevention and Increasing Cure Rate

Central Michigan District Health Department (CMDHD) wants to ensure the public knows that colorectal cancer is preventable with early detection. Colorectal cancer is the third most common cancer diagnosed in the United States, with a lifetime risk of about 1 in 23 for those assigned male at birth and 1 in 26 for those assigned female at birth. The American Cancer Society estimates there will be 106,970 new cases of colon cancer and 46,050 cases of rectal cancer diagnosed in the United States in 2023. It is estimated that colorectal cancers will cause about 52,550 deaths during 2023.

The death rate from colorectal cancer has been dropping since the mid-1980s, mainly because more people are getting screened and changing their lifestyle-related risk factors. From 2011 through 2019, incidence rates dropped by about 1% each year. This downward trend is mostly in older adults. In people younger than 50, rates have been increasing by 1% to 2% a year since the mid-1990s. The reason for this remains unclear. Colorectal polyps are being found earlier by screening and removed before they can develop into cancers or are being found when the disease is easier to treat. In addition, treatment for colorectal cancer has improved over the last few decades. As a result, there are now more than 1.5 million survivors of colorectal cancer in the United States. **There are often no symptoms when colorectal cancer is first developing, which means it can only be detected through regular early screening.**

Being over age 50, having a family history of colorectal cancer, having a history of colon polyps or inflammatory bowel disease, and having a history of certain cancers are all factors that create a higher risk for colorectal cancer. All individuals of average risk for colorectal cancer should have regular colorectal cancer screenings, starting at the age of 50. Your doctor may recommend earlier screening if you have one or more risk factors. Call your medical care provider and ask about their recommendations for screening.

*Please visit us at our website [www.cmdhd.org](http://www.cmdhd.org)*

Other factors, such as obesity, long-term eating of red meat or processed meat, tobacco use, low vitamin D levels, and moderate alcohol use can increase risks of colorectal cancer. Lifestyle modifications, such as eating fruits, vegetables, and high fiber foods, exercising regularly, not smoking, limiting your alcohol consumption, and maintaining a healthy body weight have been reported to decrease the risks of colorectal cancer.

If you have been diagnosed with colorectal cancer, your cancer care team will discuss your treatment options with you. There are several options for treating colorectal cancer, but the most successful option starts with catching it early by participating in prevention screenings.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org) and follow [Central Michigan District Health Department](#) on Facebook.

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*To request an interview, please visit our website ([cmdhd.org](http://cmdhd.org)) and fill out the [Media Interview Request Form](#).*

**Sources:**

<https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html>

<https://www.mayoclinic.org/diseases-conditions/colon-cancer/symptoms-causes/syc-20353669>