



# 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: CMDHD Promoting Colorectal Cancer Awareness Month**  
**Release Date: February 20, 2024**

### **CMDHD is promoting Colorectal Cancer Awareness Month.**

Central Michigan District Health Department (CMDHD) is promoting Colorectal Cancer Awareness Month. Colorectal cancer is the third most common cancer in the United States. It can be prevented if detected early. [The American Cancer Society](#) estimated that in 2023, there were around 153,020 new cases of colorectal cancer in the United States. Colorectal cancer was estimated to have caused about 52,550 deaths in 2023.

“The good news is that the death rate from colorectal cancer has been going down since the mid-1980s,” said Connie Lance, CMDHD Health Promotion Supervisor. “This is mainly because more people are getting screened and making changes to reduce their lifestyle-related risks.” Between 2011 and 2019, the number of new cases dropped by about 1% each year, especially in older adults. However, in people under 50, rates have been increasing by 1% to 2% every year since the mid-1990s, and the reason for this is still not clear.

Regular screenings help find colorectal polyps early, which can be removed before they turn into cancer. Also, advancements in treatment have led to over 1.5 million colorectal cancer survivors in the United States. Since colorectal cancer often shows no symptoms in the early stages, regular screening is crucial.

[The Mayo Clinic](#) reports that factors like being over 50, having a family history of colorectal cancer, a history of colon polyps or inflammatory bowel disease, and a history of certain cancers increase the risk. Everyone at average risk should start regular colorectal cancer screenings at age 50. If you have more risk factors, your doctor might recommend screening earlier. Contact your healthcare provider to discuss the best screening plan for you.

Certain lifestyle factors, like obesity, long-term consumption of red or processed meat, tobacco use, low vitamin D levels, and moderate alcohol use, can also increase the risk of colorectal cancer. Making lifestyle changes, such as eating fruits, vegetables, and high-fiber foods, exercising regularly, not smoking, limiting alcohol, and maintaining a healthy weight, can help lower the risk.

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

If you're diagnosed with colorectal cancer, your cancer care team will talk to you about treatment options. Catching it early through prevention screenings offers the most successful treatment choices.

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 us on [Facebook](#) and [Instagram](#).

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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](#).*



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