

COLORECTAL CANCER
IN THE U.S.
BY THE NUMBERS



When caught early,
the **survival rate** of
colorectal cancer is **91%**

**Get screened.
It could save your life.**

Source: The American Cancer Society, 2025

THE
University of Vermont
CANCER CENTER

ABOUT US

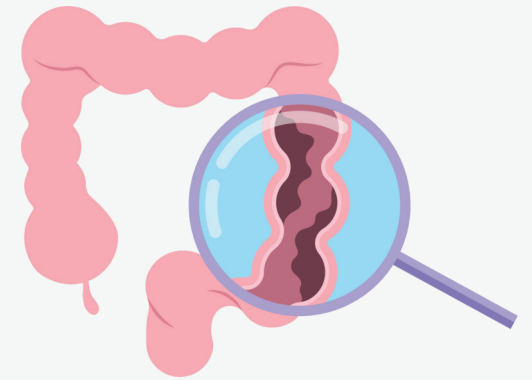
The University of Vermont
Cancer Center was founded in
1974. Our mission is to reduce
the cancer burden in Vermont,
northeastern New York and
across northern New England,
through research, outstanding
clinical care, community
outreach, and education.



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THE
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CANCER CENTER

Colorectal Cancer
PREVENTION AND DETECTION



Colorectal cancer is the **#2**
leading cause of cancer-related
deaths in the Northeast.

ANYONE can get colorectal cancer.

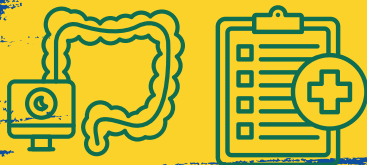
The good news?
Colorectal cancer is highly
preventable with screening.

What is Colorectal Cancer?

Cancer is a disease where cells grow out of control and spread to other parts of the body. When this type of growth begins in the colon or rectum, it is called **colorectal cancer**.

Most colorectal cancers begin as a noncancerous growth, called a **polyp**, in the inner lining of the colon or rectum.

Polyps are common, and most do not become cancerous. Those that do, progress slowly, allowing for **cancer prevention** through their detection and removal during **colorectal cancer screening**.



Screening starts at age 45
for average-risk asymptomatic people.*

Common Screening Methods

**EVERY
10 YEARS**

COLONOSCOPY

Your doctor can see and remove pre-cancers called polyps and prevent colorectal cancer from developing.

**EVERY
3 YEARS**

STOOL DNA

These tests look for certain abnormal sections of DNA from cancer or polyp cells. A positive test requires a follow-up colonoscopy.

**EVERY
1 YEAR**

FIT (FECAL IMMUNOCHEMICAL TEST)

These tests check for hidden blood in the stool from the lower intestines. A positive test requires a follow-up colonoscopy.

The most important thing is to get screened, no matter which test you choose!

*Talk with your healthcare provider to understand your risk and screening options.

Risk Factors

What is a risk factor? A risk factor is anything that increases your chances of getting a disease, such as cancer.

Hereditary or medical risk factors for colorectal cancer include a personal or family history of colorectal cancer, certain genetic disorders (e.g. Lynch syndrome), personal history of chronic inflammatory bowel disease, and type 2 diabetes.

Potentially **modifiable risk factors** for colorectal cancer include excess body weight, physical inactivity, smoking, high consumption of red or processed meat, heavy alcohol consumption, and low intake of calcium, whole-grain, and/or fiber-rich foods.

54% of colorectal cancers are linked to potentially modifiable risk factors.

