Start your engines and buckle up! Join Well Aware for the Colorectal Cancer Awareness Month increased awareness and screening. By finding polyps and cancer in the earlier stages, it is this year's goal to help save lives. By taking part in this important campaign, you can make a significant impact on the health of those you love and your community.

Since the mid-1990s, colorectal cancer death rates in the United States have declined by over 50%! This is largely due to increased screening and awareness efforts. As of 2020, the lifetime risk of developing colorectal cancer for men is about one in 23, and for women, it is one in 25. However, these risks can vary widely depending on individual risk factors.

With regular screening, colon cancer can be found early, when treatment is most effective. The American Cancer Society recommends that adults age 50 and older should receive a colorectal cancer screening every 10 years. This can be in the form of a flexible sigmoidoscopy, colonoscopy, or fecal occult blood test.

In addition to screening, there are several other ways you can contribute to colorectal cancer prevention. First and foremost, make healthy lifestyle choices. Eating a diet rich in fruits and vegetables, maintaining a healthy weight, and staying physically active can all help reduce your risk.

Each year, the first Wednesday in April is National Walking Day. The American Heart Association sponsors this day to remind people about the health benefits of taking a 30-minute walk. Not only does this help improve heart health, but it can also help reduce stress, boost your mood, and strengthen your immune system.

On average, the lifetime risk of developing colon cancer is about one in 23 for men and 1 in 25 for women. However, these risks can vary widely depending on individual risk factors. With early detection and treatment, colorectal cancer can be successfully managed. So join Well Aware in the fight against colorectal cancer and take a step towards better health. Start your journey today!