



*The Maryland State Medical Society*

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Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

### **MARCH IS COLORECTAL CANCER AWARENESS MONTH**

BALTIMORE, March 14, 2017 — Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and older.

While there is a genetic component to developing colon cancer, it has also been noted that a diet high in processed and red meats, low levels of exercise and being overweight contribute to the development of colon and rectal cancer as well.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Quit smoking and stay away from secondhand smoke
- Encourage families to get active together – exercise may help reduce the risk of colorectal cancer
- Ask doctors and nurses to talk to patients age 50 and older about the importance of getting screened
- If you or your family have a history of colon cancer, make sure everyone in the family is talking to their doctors about the correct timing of colon cancer screening (typically 10 years earlier than the age of diagnosis)

MedChi President, Dr. Stephen Rockower states “There are often no signs or symptoms of colorectal cancer so if everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented.”

#### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).