



*The Maryland State Medical Society*

**News: For Immediate Release**

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

BALTIMORE, March 17, 2015 — 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.

MedChi President, Dr. Tyler Cymet states “Colon cancer and rectal cancer are cancers that can be treated if caught early. If not caught early, they can be fatal.”

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.

Eating large enough amounts of fruits, vegetables and grains so that bowel movements are well formed and regular can be protective. Dr. Cymet states “It is important for you to look at your stool. Notice the size, shape and color-and whether or not there are any red, dark red or black pieces to your stool, which could mean the presence of blood.”

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

- Get screened starting at age 50
- Quit smoking and stay away from secondhand smoke
- Encourage families to get active together – exercise may help reduce the risk of colorectal cancer

#### 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).