



The Maryland State Medical Society

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MARCH IS COLORECTAL CANCER AWARENESS MONTH

BALTIMORE, March 24, 2021 — Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death, for both men and women, from cancer. MedChi, The Maryland State Medical Society, is using this month to bring awareness to this terrible disease.

MedChi President, Dr. Shannon Pryor, states “There are often no signs or symptoms of colorectal cancer. Early detection is key. The American Cancer Society recommends starting regular screening at the age of 45. Doing so could help prevent 6 out of 10 deaths from colorectal cancer.”

Colorectal cancer is most often found in people age 50 and older and affects people in all racial and ethnic groups, but Black Americans have a slightly higher risk of getting Colorectal Cancer. While there is a genetic component to developing colon cancer, it has been found 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.

Symptoms can include blood in the stool, stomach pain, aches, or cramps that do not go away, and weight loss without a known cause. But many cases have no symptoms, especially early in the disease, when colorectal cancer is most curable. MedChi suggests the following healthy steps to help prevent colorectal cancer:

- Quit smoking and stay away from secondhand smoke
- Exercise regularly or stay active
- Ask doctors and nurses to talk to patients age 50 and older about the importance of getting screened
- Make sure you and your family members talk to your doctors about the correct timing of colon cancer screening (typically 10 years earlier than the age of diagnosis)

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.