



*The Maryland State Medical Society*

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

BALTIMORE, March 12, 2019 — Colorectal cancer can start in either the colon or the rectum. These cancers can also be named colon cancer or rectal cancer, depending on where they start. Colon cancer and rectal cancer are often grouped together because they have many features in common. It is the fourth most common cancer in the United States and the second leading cause of death from cancer.

MedChi President, Dr. Benjamin Stallings, states “Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and older. There are often no signs or symptoms of colorectal cancer. Regular screening could help prevent 6 out of 10 deaths from 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.

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](http://www.medchi.org).