



## Why It Matters

Colorectal cancer is the second leading cause of cancer deaths in the United States, and African Americans are at higher risk. Early detection saves lives.

## Key Facts for African Americans

- **Higher Risk:** African Americans are about 20% more likely to get colorectal cancer and 40% more likely to die from it than other groups.
- **Early Detection is Critical:** Screening can find cancer early when it's most treatable.
- **Lifestyle Factors:** Diet, exercise, and healthy habits can reduce risk.

## Signs & Symptoms

- Blood in stool, changes in stool shape (narrow or pencil thin)
- Persistent stomach pain or cramps
- Unexplained weight loss
- Changes in bowel habits

## What Can You Do?

1. **Get Screened:** Start regular screenings at age 45 or earlier if you have a family history.
2. **Eat Healthy:** Include fruits, vegetables, and whole grains in your diet.
3. **Stay Active:** Regular exercise helps reduce risk.
4. **Avoid Smoking and Limit Alcohol:** These habits increase cancer risk.

## Take Action Today!

- **Talk to Your Doctor:** Ask about screening options that are right for you.
- **Share the Knowledge:** Encourage friends and family to get screened too.

**Your Health, Your Future, Your Choice. Stay Informed, Stay Safe**