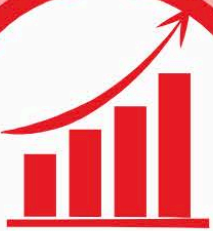


Colorectal CANCER

A Warning to the Young

Colorectal cancer is found in the colon or rectum. It often starts as benign polyps (tumors). With time, these benign polyps then turn dangerously cancerous if not removed by a colonoscopy or surgery (National Cancer Institute, n.d).



In 2020, young Americans ages 15-19 saw a 300% increase in diagnoses and ages 20-24 saw a 185% increase (Bendix, 2023).



The change in diagnoses may be due to an adoption of more western lifestyles with heavily processed foods and minimal exercise (Siegal et al., 2017).

Warning: Do Not Self Diagnose. Seek Professional Help if You Have a Listed Symptom



Alarming symptoms include but are not limited to: blood in stool, change in bowel habits, frequent abdominal cramps (Bendix, 2023).

Bendix, A. (2023, March 1). Colon cancer rates have been rising for decades among younger people, new study finds. NBC News.

<https://www.nbcnews.com/health/health-news/colon-cancer-rates-rising-decades-younger-people-study-finds-rcna151343>

National Cancer Institute. (n.d.). Colorectal cancer—Patient version. National Institutes of Health. <https://www.cancer.gov/types/colorectal>

Siegel, R. L., Miller, K. D., Fedewa, S. A., Ahnen, D. J., Meester, R. G. S., Barzi, A., & Jemal, A. (2017). Colorectal cancer statistics, 2017. Gut, 66(4), 683–691. <https://doi.org/10.1136/gutjnl-2017-314915>