

COMMUNITY HEALTH EDUCATION

MARCH 2025

March Colorectal Cancer Awareness Month

If you're between ages 45 and 75 years, get screened (tested) regularly for colorectal cancer. Screening tests can help prevent colorectal cancer or find it early, when it may be easier to treat.

You may need to start getting screened before age 45 years if colorectal cancer runs in your family. Your doctor may also recommend that you continue to get screened if you're between ages 76 and 85 years, depending on things like your overall health and your preferences.

Talk with your doctor about your risk for colorectal cancer

How often should I get screened for colorectal cancer?

How often you need to get screened will depend on:

- Your risk for colorectal cancer
- Which screening test you choose

Get support.

If you're nervous about getting a colorectal cancer screening, you can:

- Ask a family member or friend to go with you when you talk to the doctor
- Talk with people you know who have been screened to learn what to expect

