



Top 10 Colorectal Cancer Facts

- In 2024, an [estimated](#) **152,810** people will be diagnosed with colorectal cancer in the U.S., and an estimated **53,010** will die — making this disease the second-leading cause of cancer deaths overall.
- The average lifetime risk of colorectal cancer is **one in 24**, and a family history of the disease is the strongest risk factor. Most cases are diagnosed in people over age **50**.
- Unlike most cancers, colorectal cancer is highly preventable with screening. With early detection, it's highly treatable. Localized colorectal cancer (the earliest stage) has a **91%** five-year survival rate with treatment.
- The most common symptom of colorectal cancer is **no symptom**. When symptoms are present, they include blood in or on stool, persistent abdominal discomfort, and unexplained weight loss.
- **Black/African Americans** have the second-highest mortality rate and incidence rate of colorectal cancer in the U.S. Black Americans are both 35% more likely to die from colorectal cancer and 15% more likely to develop it than non-Hispanic whites.
- The incidence rate of **young-onset colorectal cancer** is rising. In people under 55 years old, the incidence rate is increasing by **1% - 2%** every year. According to the [latest data](#), colorectal cancer is the **leading cause of cancer death** among men under age 50 and the second leading cause of cancer death in women of the same age group.
- Colorectal cancer screening should begin at age **45**. Screening is the **No. 1** way to prevent colorectal cancer. Still, a third of eligible adults is not getting screened. In late 2020, the CDC [estimated](#) that 68% of colorectal cancer deaths could be prevented if all eligible people were screened. Members of the public can get a free screening recommendation based on personal risk factors at quiz.getscreened.org.

- People who have a first-degree relative (parent, sibling, offspring) with colorectal cancer have **two to four** times the risk of developing the disease. They should speak to a doctor about getting screened earlier than normal.
- Simple ways to reduce the risk of colorectal cancer include eating healthy, not smoking, exercising regularly, maintaining a healthy weight, limiting red meat intake, and adding calcium and vitamin D to your diet.
- There are more than **1.5 million** colorectal cancer survivors in the U.S.

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