

Colorectal Cancer and the Importance of Cancer Screening

Jovita Fernandes, RN, BSN

Colorectal Cancer is the third most common non-skin cancer in both men and women and is the second leading cause of death in the United States (American Cancer Society, 2022). According to the American Cancer Society, predictions for 2022 show approximately 151,000 new cases of Colon/Rectal Cancer. There are many risk factors of Colon Cancer. These include obesity, age (older than 50), smoking, increased alcohol intake, race (African Americans), history of bowel disease and personal/family history of colorectal cancer or polyps. (American Cancer Society, 2022). The good news is with the help of routine colon screenings (colonoscopies) these cancers can be detected at an early stage or more importantly these screenings can detect polyps before they turn cancerous. Working in the endoscopy department, it is frequently noticed that the most common risk factor of Colon Cancer is personal/family history of colorectal cancer or polyp and the most common cause of the cancer itself is failure to do routine colonoscopies. If you have one or more risk factors early detection is imperative and, in these situations, can even save lives. Far too often people are afraid of what a colonoscopy entails and rely heavily on blood or DNA testing such as Cologuard. Although helpful, colonoscopies are the most accurate and the golden standard for detecting colon cancer.

American Cancer Society. (2019, March 5). Key Statistics for Colorectal Cancer. Retrieved from American Cancer Society: <https://www.cancer.org/cancer/colon-rectal-cancer/about/keystatistics.html>

LINKS FOR RESOURCES

[American Cancer Society](#)

[Baycare Resources](#)