

# Colorectal Cancer

Colorectal cancer (CRC) is the **2<sup>nd</sup> leading cause of cancer death** and the **3<sup>rd</sup> most commonly diagnosed cancer** for men and women in Maryland combined.

## Screening and prevention

**Regular screening**, beginning at age 45 for persons over average risk, is the key to **preventing colorectal cancer**.

**50%** Colorectal screenings prevented about half of expected new cases and deaths between 2003 and 2007.

## Know the symptoms!

Some early stages of CRC may not show any signs or symptoms. Signs and symptoms of CRC include:

- Ongoing change in bowel habits
- Narrower stools
- Frequent gas pains, bloating, fullness, or abdominal cramps
- Blood in the stool
- Rectal bleeding
- Feeling very tired
- Unexplained weight loss

## Who is affected?

INCIDENCE  
**36.9\***  
per 100,000  
of Frederick  
residents

MORTALITY  
**14.7\***  
per 100,000  
of Frederick  
residents

An estimated **92 Frederick County residents were diagnosed** with Colorectal cancer in 2018.

An estimated **36 Frederick County residents died** from Colorectal cancer in 2018.

## Incidence in Frederick County by Ethnicity, per 100,000

**36.1**

White, Non Hispanics

**41.1**

African American

African Americans have the **highest colorectal cancer incidence and mortality rates** of all racial groups in the US.

## Who is at risk?

US men have a  
**1 in 22**  
chance of getting  
colorectal cancer.

US women have a  
**1 in 24**  
chance of getting  
colorectal cancer.

For more information, visit  
[FrederickHealth.org/ColorectalScreening](http://FrederickHealth.org/ColorectalScreening)