Risk of colorectal cancer increases with age. Colorectal cancer doesn’t always cause symptoms, especially during the beginning stages. That’s why screening to detect pre-cancerous polyps is so important. Colorectal cancer can be treatable and even preventable if it’s detected early. An estimated 60% of deaths from colorectal cancer could be prevented with screening.

You can reduce your risk of colorectal cancer by maintaining a diet high in vegetables, fruits, and whole grains. Reducing intake of red or processed meat and avoiding excess alcohol consumption can also help lower your risk.