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SIMPLE STEPS CAN HELP PREVENT, DETECT DEADLY COLON CANCER

A young man training to be an Olympic rower. A nursing student at the University of North Carolina. A 41-year-old father of two.

Not the “male over age 50” most people associate with colon cancer risk, but the truth is that colon cancer strikes both genders and—while it most often occurs in people over age 50—can hit people as young as teen-agers.

The second leading cause of cancer-related deaths in the United States, colon cancer claims more than 50,000 lives annually. While early detection is key to successful treatment, the disease is often virtually without symptoms, and most victims have no known risk factors. Regular screening, which can detect tiny growths before they become cancerous, is the single most important way to prevent colon cancer and to catch in its earliest, most treatable stage.

Most doctors recommend screening beginning at age 50, or younger if other risk factors exist. Risk factors include a personal or family history of inflammatory bowel disease, ulcerative colitis or Crohn’s disease; and cancers such as ovarian, breast, and endometrial.

In addition to screening, a diet rich in fruits, vegetables, and whole grains, combined with regular exercise, can also help reduce the risk of developing colon cancer. For more information on colon cancer prevention, and upcoming events promoting colon cancer education and awareness, visit www.getyourrearingear.com.

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