

# 45 IS THE *New* 50

## *New Age* TO START SCREENING

Age 45 is now recommended as the time to start screening for colorectal cancer among all average risk adults according to the American College of Gastroenterology.

### *An Important* CHANGE

- This is an important change from earlier guidelines that used to recommend starting at age 50 for most people and age 45 for African Americans only. Now “45 is the new 50” to start screening for **everyone** at average risk for colorectal cancer.

### *You Can* PREVENT COLORECTAL CANCER

- With screening, your gastroenterologist can diagnose colorectal cancers at an earlier stage, find colon polyps early so they can be safely removed, and help to prevent colorectal cancers.

### *Never Ignore* NEW OR WORRYING SYMPTOMS

- Reach out to your health care providers if regardless of your age you have any new or worrying symptoms such as blood in the stool, a change in bowel habits, rectal or abdominal pain, or unexpected weight loss, unexplained or new anemia.



UWELLNESS  
SURGICAL



American College of Gastroenterology | [gi.org](http://gi.org)  
Follow ACG on Twitter @AmCollegeGastro