

Colorectal Cancer in the Black and Latinx Community – What You Should Know

[Colorectal cancer](#) is not discussed as much as other cancers, but it's the third most common cause of cancer death for both men and women in the U.S., disproportionately impacting Black and Latinx communities.

According to the American Cancer Society:

- Colorectal cancer claims more than 50,000 lives annually
- Black Americans have the highest incidence and mortality rates of colorectal cancer (24% higher in Black men and 19% higher in Black women), with nearly 20,000 new cases annually
- Latinx Americans experience nearly 14,000 new cases of colorectal cancer claiming more than 5,000 lives each year; and
- While still a major health threat, advancements in better screenings has led to a decline in cases by 26% over the past three decades.

The experts at [Wellstar Health System](#), which offers a comprehensive portfolio of resources for [prevention](#), [diagnosis](#) and [treatment](#) in the fight against colorectal cancer for the under resourced communities it serves, have some practical and proactive tips that can help people combat this form of cancer.

Wellstar Tips for Preventing Colorectal Cancer

- **Get screened:** Colorectal cancer rarely causes symptoms in the early stages. If you are approaching 45 years or older, be sure to prioritize a colonoscopy every 10 years. It's a quick, painless, outpatient procedure that could save your life. Other screenings that can detect or remove pre-cancerous and cancerous growths include: fecal occult blood tests, double-contrast barium enemas, sigmoidoscopies, digital rectal exams.
- **Stop smoking:** If you smoke, please consider getting help to quit. [Smoking can increase your chances of dying from colon cancer](#) or contracting it again within three years by 23%.
- **Limit drinking:** Alcohol use has been linked with a higher risk of cancers, especially for men. Limit yourself to no more than one alcoholic beverage a day.
- **Get active:** Avoid putting on excess body fat and pounds that can increase your risks. Be sure to engage in moderate-to-vigorous exercise and balance your calorie intake with a diet high in green leafy vegetables and fruits.

Wellstar Offers Leading-edge, Personalized Care for Colorectal Cancer

- Cutting-edge technology including the [CyberKnife](#), a highly advanced radiation alternative to surgery that provides new hope to patients with inoperable or complex tumors. Wellstar was the first health system in Georgia to adopt this technology.
- Intensity Modulated Radiation Therapy (IMRT), a treatment that tailors radiation to the size and location of the tumor, while sparing healthy tissue.
- The entire spectrum of diagnostic and interventional treatments led by dedicated colorectal surgeons and medical oncologists – including colonoscopy, laparoscopic surgery, and other surgical procedures to remove pre-cancerous and cancerous growths.

- A multidisciplinary Gastrointestinal (GI) Tumor Board, which meets weekly to present patient cases and craft a personalized treatment plan.

For more information, visit www.wellstar.org or contact the Wellstar outreach line at (770) 956-STAR.