



Outreach of the Month:



Information for Your Patients

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Gaps in care Outreach topic:

Colorectal Cancer Awareness

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March is Colorectal Cancer Awareness Month

Screening and Early Detection is Key to Effective Treatment

Colorectal cancer is the second leading cause of cancer-related deaths in the United States for both men and women combined. This year, approximately 140,000 new cases of colorectal cancer will be diagnosed and 56,000 people will die from the disease.

To lower your risk of colorectal cancer, the American Society of Colon and Rectal Surgeons recommends that you:

- Get regular colorectal cancer screenings after age 45. Between 80-90% of colorectal cancer patients are restored to normal health if their cancer is detected and treated in the earliest stages.
- Eat a low-fat, high-fiber diet.
- If you use alcohol, drink only in moderation. If you use tobacco, quit. If you don't use tobacco, don't start. Alcohol and tobacco in combination are linked to colorectal cancer and other gastrointestinal cancers.
- Exercise for at least 20 minutes three to four days each week. Moderate exercise such as walking, gardening or climbing steps may help.

Can colorectal cancer be cured?

Since there are very few symptoms associated with colorectal cancer, regular screening is essential. Screening is beneficial for two main reasons: colorectal cancer is preventable if polyps that lead to the cancer are detected and removed, and it is curable if the cancer is detected in its early stages.

Visit your UOP PCP for education and guidance

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