



**Press Release**  
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## **Statistics Show Rising Colon Cancer Rates**

*Education and screenings essential for early detection.*

KNOX CITY, Texas (March 8, 2024) – In light of the alarming rise in colon cancer cases, Knox Clinic is issuing a call to action to combat this formidable disease. Recent statistics underscore the urgency of the situation, revealing that colon cancer affects both men and women, with approximately 1 in 23 men and 1 in 25 women at risk of developing the disease in their lifetime.

"Fear can be a powerful motivator when it comes to tackling colon cancer. By addressing concerns head-on and seeking guidance from healthcare professionals, individuals can take proactive steps to safeguard their health and well-being," says Cindy Guess, FNP, of the Munday Clinic, a service of Knox County Hospital District (KCHD).

Colon cancer does not discriminate based on gender. It's a formidable opponent that demands our attention and action. At KCHD, we're here to support our community in facing this challenge head-on," adds Guess.

Despite being preventable, colon cancer remains one of the leading causes of cancer-related deaths worldwide. Recent data indicates a concerning uptick in colon cancer cases among younger age groups, emphasizing the importance of proactive screening and vigilance across all demographics.

Colon cancer, also known as colorectal cancer, originates in the colon or rectum. It often begins as benign growths called polyps, which can evolve into cancerous lesions over time. This disease can affect individuals of any gender or age group, making awareness and early detection crucial for effective management and treatment.

"To truly combat colon cancer, we need to empower individuals with knowledge and resources, said Guess. As providers we are dedicated to providing comprehensive support and guidance to our patients, ensuring they understand the importance of regular screenings and adopting a healthy lifestyle,"

"To mitigate the risk of colon cancer, it's essential to focus on preventive measures. This includes maintaining a balanced diet rich in fruits, vegetables, and whole grains, while reducing the consumption of processed meats and unhealthy fats. Additionally, regular exercise plays a vital role in reducing the risk of colon cancer," Guess continues.

"Together, we can overcome the fear associated with colon cancer by taking proactive steps towards prevention and early detection. Through education and accessible healthcare services, we aim to empower individuals to prioritize their colorectal health," Guess noted.

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Preventing colon cancer involves adopting a healthy lifestyle and undergoing regular screenings. Key preventive measures include:

- **Healthy Diet:** Consuming a diet rich in fruits, vegetables, and whole grains while limiting red and processed meats can reduce the risk of colon cancer.
- **Regular Exercise:** Engaging in regular physical activity can help maintain a healthy weight and lower the risk of colon cancer.
- **Avoiding Smoking and Excessive Alcohol Consumption:** Smoking and heavy alcohol use have been linked to an increased risk of colon cancer.
- **Maintaining a Healthy Weight:** Being overweight or obese increases the risk of colon cancer, so maintaining a healthy weight through diet and exercise is essential.

There are various screening methods for colon cancer detection. These include colonoscopy, fecal occult blood tests (FOBT) or fecal immunochemical tests (FIT), flexible sigmoidoscopy, and CT colonography (virtual colonoscopy). Individuals are encouraged to consult with their healthcare provider to determine the most suitable screening approach based on personal risk factors and medical history.

"Regular screenings significantly enhance early detection and treatment outcomes, fostering proactive management of colon cancer risk. By working together with our patients, we can make strides towards reducing the burden of colon cancer in our community," concludes Guess.

As always, it is best to talk with your local medical provider to determine which screening method is right for you. Medicare and many private health insurance plans cover routine tests for colorectal cancer.

For more information about colorectal cancer, your risks, and whether a colonoscopy is right for you, contact your primary care provider to schedule an appointment at the Knox City Clinic by calling 940-657-3906 or Munday Clinic 940-422-5271.

### **About Knox County Hospital District**

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education and more. For additional information, please call 940-657-3535 or visit [www.knoxhospital.org](http://www.knoxhospital.org).