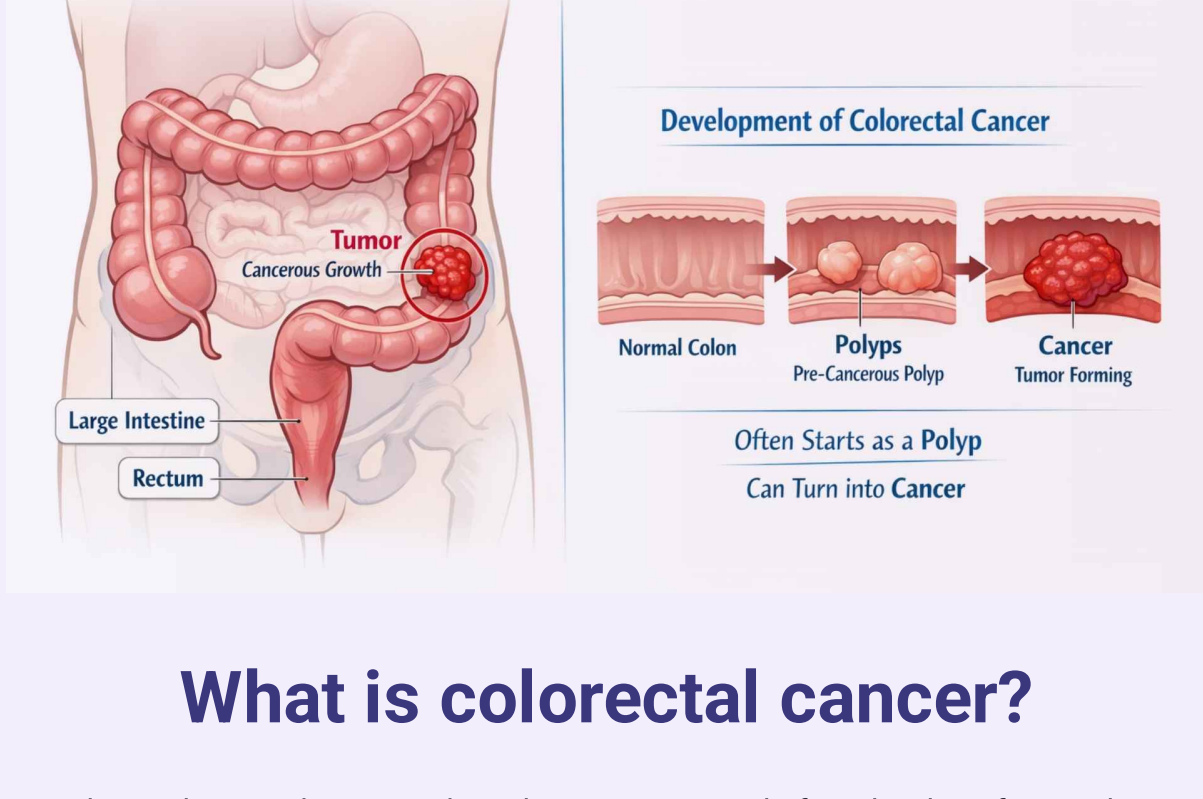


ALLIANCE LENZ

Colorectal Cancer Awareness Month

March 2026



What is colorectal cancer?

Colorectal cancer begins in the colon or rectum and often develops from polyps without early symptoms. That's why regular screening is key to prevention and early detection. This March, Colorectal Cancer Awareness Month highlights the importance of awareness, conversation, and action for better outcomes.

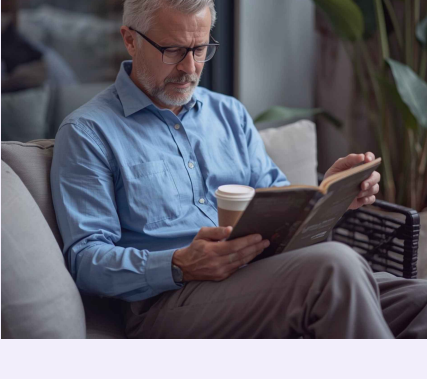
[Learn more](#)

Did you know?

Colorectal cancer hits younger people
Colorectal cancer is increasingly affecting people under 50 in Canada. Risk factors include inactivity, obesity, low-fiber diets, and highly processed foods. Since screening usually starts at 50, younger people should watch for warning signs such as bleeding or changes in bowel habits.



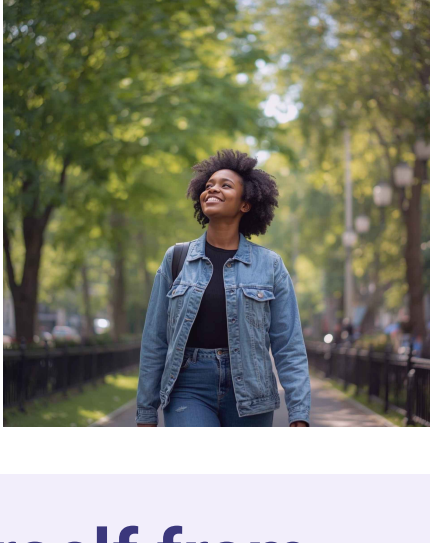
[Learn more](#)



Colorectal cancer can develop quietly
Early-stage colorectal cancer often shows no symptoms, making screening essential. Detecting it early greatly improves treatment success. Learn more about warning signs in the link below.

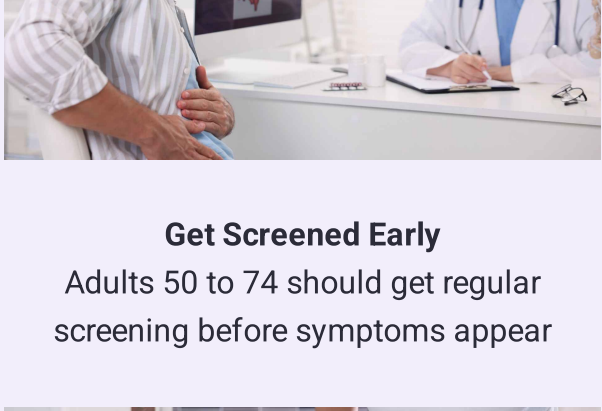
[Learn more](#)

Screening is saving more lives in Canada
Colorectal cancer is the 4th most diagnosed and 3rd deadliest cancer in Canada, but cases and deaths are declining thanks to screening and early detection.

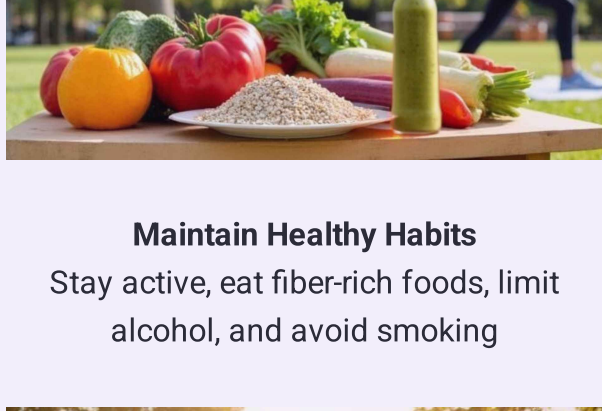


[Learn more](#)

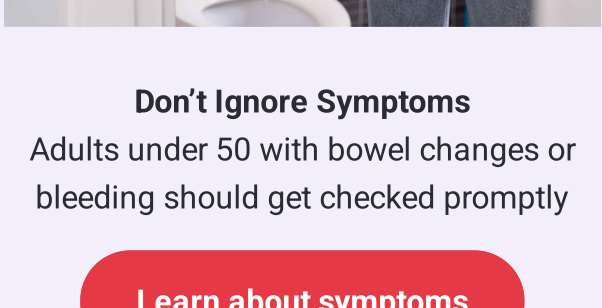
How to protect yourself from colorectal cancer



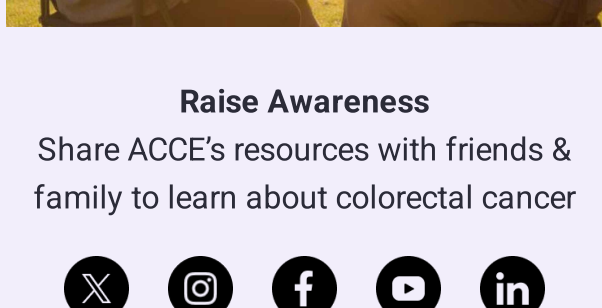
Get Screened Early
Adults 50 to 74 should get regular screening before symptoms appear



Maintain Healthy Habits
Stay active, eat fiber-rich foods, limit alcohol, and avoid smoking



Don't Ignore Symptoms
Adults under 50 with bowel changes or bleeding should get checked promptly



Raise Awareness
Share ACCE's resources with friends & family to learn about colorectal cancer

[Learn about symptoms](#)

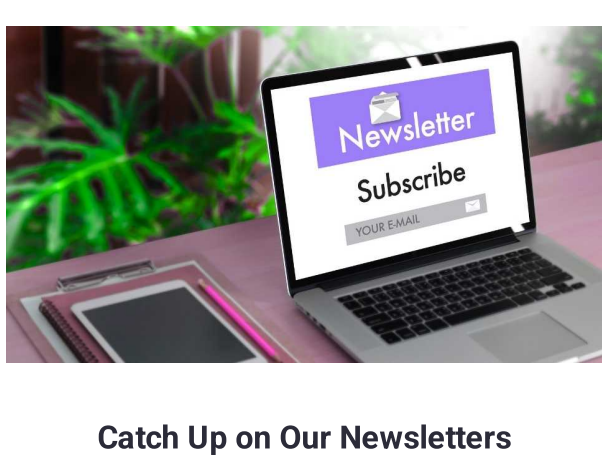


ACCE Updates



Discover Our Latest Blogs
Check out our new blogs for cancer tips and updates

[Read here](#)

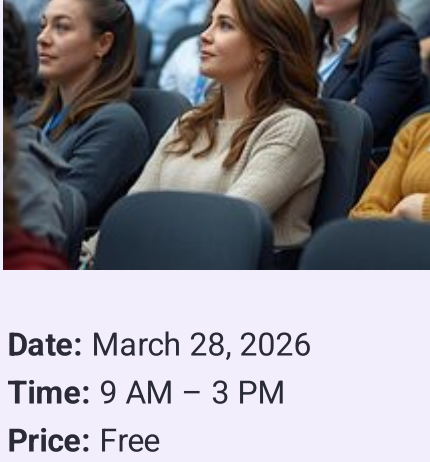


Catch Up on Our Newsletters
Missed an update? Explore all past newsletters anytime

[Subscribe](#)

Our Event

Empowering Communities: A Cancer Awareness & Education Event
Join us on March 28, 2026, for a one-day event on cancer awareness, prevention, and early detection for minority communities.



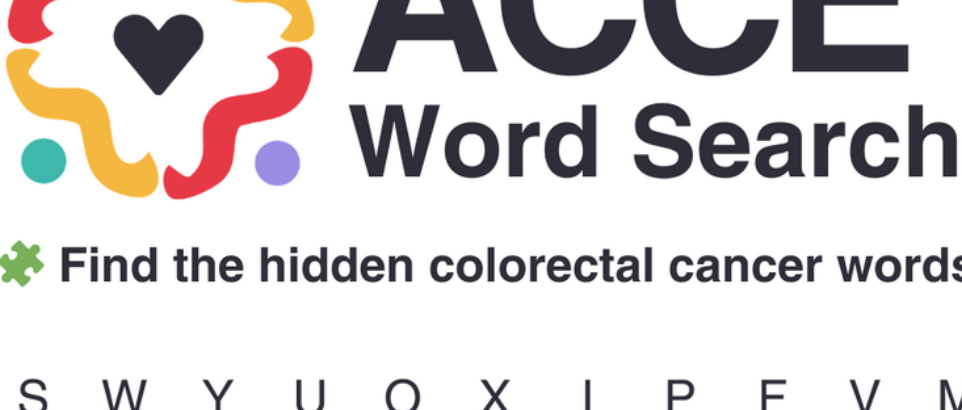
Learn about screening, risk factors, treatment options, and navigating care, while connecting with healthcare providers and community organizations.

Date: March 28, 2026
Time: 9 AM – 3 PM
Price: Free
Format: In-person or Online
Location: Centre for International Governance Innovation (Waterloo, ON)

The event includes expert talks, interactive panels, Q&A, and resource booths, both in person and online, and honors IMRC co-founder Margaret Walton Roberts.

[Register here](#)

Word Puzzle



Find the hidden colorectal cancer words

S	W	Y	U	O	X	I	P	F	V	M
N	C	H	K	D	R	Y	Y	W	Z	E
X	L	R	E	L	L	E	F	K	R	W
V	D	N	E	R	B	J	C	O	L	R
N	B	G	A	E	V	D	Z	T	E	Y
C	D	E	S	Q	N	S	E	B	U	G
W	M	I	V	T	T	I	I	E	I	M
S	C	O	L	O	N	F	N	C	L	B
M	G	Y	O	D	J	R	M	G	I	B
C	C	L	P	O	L	Y	P	R	Y	I
C	L	P	X	P	G	A	D	H	K	D

Screening **Colon** **Stool** **Polyp**
Rectum **Fiber** **Bleed** **Early**

[Play here!](#)

