



GET YOUR  
**REAR**  
IN GEAR

## Get Your Rear in Gear – Twin Cities FACT SHEET

**Sunday, August 28, 2022**

**Event:** 5K Run/Walk & 1.5 Mile Walk

**Date:** Sunday, August 28, 2022

**Location:** Veterans Park, Richfield, Minnesota

**Website:** [ColonCancerCoalition.org/TwinCities](https://ColonCancerCoalition.org/TwinCities)

### Schedule

7:00 a.m. – Registration

8:00 a.m. – Opening Ceremony

8:50 a.m. – Kids' Fun Run

9:00 a.m. – 5K Timed Run & Untimed Walk

### Key Event Details

- Online registration is now open at [ColonCancerCoalition.org/TwinCities](https://ColonCancerCoalition.org/TwinCities). Patients and survivors register for free.
- Money raised at this event stays in Minnesota to increase awareness and raise screening rates for colorectal cancer.
- 100% of individual donations will fund programs to remove barriers to screening for colon and rectal cancer.
- Register now or make a donation. We are also looking for volunteers to help in advance and on race day.
- All participants receive a free event t-shirt.

**Get Your Rear in Gear – Twin Cities** is planned by the **Colon Cancer Coalition**, an Edina, Minnesota-based nonprofit organization encouraging screening and raising awareness of colorectal cancer. Since 2005, this event has raised almost \$3 million to support local efforts to remove barriers to screening, provide patient support, and promote education and awareness.

### Colorectal Cancer (CRC) in Minnesota

- In 2022, ACS estimates 2,420 Minnesotans will be diagnosed and 790 may lose their lives to CRC.
- In 2019, MN Department of Health reported 73.9% of age-eligible Minnesotans were up to date on colorectal cancer screening.

### Colorectal Cancer Screening Options

(with frequency after a normal result)

- In 2021, USPSTF lowered the screening age to 45.
- **Visual:** Colonoscopy (10 yrs), sigmoidoscopy (5 yrs), CT Colonography, or virtual colonoscopy (5 yrs)
- **Stool-based:** FIT (1 yr), FOBT (1 yr), FIT-DNA, i.e., Cologuard (3 yrs)
- **Blood test** done in the doctor's office.
- *If a stool-based test, blood test, or virtual colonoscopy results in an abnormal finding, a follow-up colonoscopy is required to complete the screening.*
- Talk to your doctor about your options.

### Colorectal Cancer Signs & Symptoms

- Blood in your stool
- Change in bathroom habits
- Anemia and/or fatigue
- Unexplained Weight Loss
- Persistent Cramps or Low Back Pain
- Feeling Bloating

### Delayed CRC Screening During COVID-19

- COVID-19–related reductions in care and colorectal cancer screenings resulted in an estimated 1.2 to 2 million fewer colorectal cancer screenings,
- 8,346 to 12,894 fewer colorectal cancer diagnoses, and
- 6,113 to 9,301 fewer early-stage colorectal cancer diagnoses between 2020 and 2023.
- As of January 2022, colorectal cancer screenings remain at **25%** below pre-pandemic levels.

### Colorectal Cancer in the United States

- There is a 1 in 24 lifetime risk for developing the disease. (1 in 23 for men, 1 in 25 for women.)
- According to the American Cancer Society (ACS), an estimated 151,030 Americans may be diagnosed and 52,580 may lose their life to this disease in 2022.
- The Center for Disease Control and Prevention (CDC) reports that in 2018 in the United States 68.8% of age-eligible U.S. residents were up to date on colorectal cancer screening.
- The national goal for colorectal cancer screening is 80% in every community.

### Colorectal Cancer in Black Americans

- Colorectal cancer is the 3<sup>rd</sup> most common cancer in the African American community.
- Black/African Americans have the highest incidence and mortality rates for colorectal cancer.
- This population is 20% more likely to get CRC and 40% more likely to die than most other groups.
- USPSTF points to inequities in the access and quality of screening and treatment as the primary driver for this disparity, not genetic differences.

### Rise of Colorectal Cancer in Young Adults

- **By 2030, CRC is estimated to be the leading cause of cancer-related deaths in adults ages 20 to 49**
- 30% of CRC diagnoses are under age 55.
- Rates of colorectal cancer have been declining among adults 50-plus but rising in adults under 50.
- Adults born in the 1990s have a 2x increased risk for colon and 4x increased risk for rectal cancer than those born in the 1950s.
- Misdiagnosis in adults under 50 often leads to later stage diagnosis and treatment.