

Mayo Clinic Minute

Millennials and colorectal cancer

Video	Audio
	A new study found that while colorectal cancer rates have declined overall since the mid-80s, they're actually increasing among people in their 20s and 30s.
(5:51 – 5:55) DAVID ETZIONI, M.D. COLON AND RECTAL SURGERY Mayo Clinic	“it’s hard to know what the difference is in this generation versus previous generations.”
(6:04 – 6:11) DAVID ETZIONI, M.D. COLON AND RECTAL SURGERY Mayo Clinic	“Now, that being said, still, these cancers are very rare. There’s no need to panic. But we are seeing increasing rates.”
Graphic: Born in 1990 vs. born in 1950 2 times risk of colon cancer 4 times risk of rectal cancer	These increases are fairly dramatic. The estimated risk for someone born in 1990, relative to someone born in 1950, is approximately 2x higher for colon cancer and 4x higher for rectal cancer.
	Mayo Clinic colon and rectal surgeon Dr. David Etzioni says nobody really knows why these cancer rates are increasing among younger generations.
(5:56 – 6:03) DAVID ETZIONI, M.D. COLON AND RECTAL SURGERY Mayo Clinic	“It could be diet; it could be exercise; it could be other environmental exposures. And hopefully over time we’ll get an idea as to what it is.”
	General guidelines recommend people start getting colonoscopies to screen for colon and rectal cancers at age 50.
	Dr. Etzioni says it remains to be seen whether or not this new study will result in changes to the screening recommendations.

	For the Mayo Clinic News Minute, I'm Ian Roth.
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