**COLORECTAL CANCER IN YOUNG ADULTS ACROSS EUROPE**

**BE ALERT TO THE FOLLOWING SYMPTOMS**
- Persistent rectal bleeding
- Blood in the stools
- Abdominal pain and bloating
- Loss of appetite
- Unexplained weight loss

**NEW DIAGNOSES INCREASING**
- New diagnoses have grown fastest in adults aged 20–34
- Young-onset CRC is more aggressive, more likely to be diagnosed at an advanced stage, and more likely to be fatal than CRC diagnosed later in life

**GROWN ADULTS FASTEST 20–34**
- People born in 1990 have double the risk of CRC than people born in 1950

**LESS THAN 50 YRS OLD**
- More than 1 in 10 cases occurs in people less than 50 years of age

**FAMILY CANCER SYNDROMES**
- Family cancer syndromes account for approximately 20% of young-onset CRC

**DIET COULD REDUCE CANCER BURDEN**
- Positive changes to young people’s food habits could potentially reduce this cancer burden by up to 70%

**FAMILIES CANCER SYNDROMES**
- Family cancer syndromes account for approximately 20% of young-onset CRC

**LOWEST INCIDENCE NORTH WEST**
- Lowest reported incidence of CRC in Scandinavia and North Western Europe

**HIGHEST INCIDENCE NORTH EAST**
- Highest incidence of CRC in North Eastern & Eastern European countries

**NEW DIAGNOSES HAVE GROWN FASTEST IN ADULTS AGED 20–34**

**PEOPLE BORN IN 1990 HAVE DOUBLE THE RISK OF CRC THAN PEOPLE BORN IN 1950**

**MORE THAN 1 IN 10 CASES OCCURS IN PEOPLE LESS THAN 50 YEARS OF AGE**

**LOWEST REPORTED INCIDENCE OF CRC IN SCANDINAVIA AND NORTH WESTERN EUROPE**

**HIGHEST INCIDENCE OF CRC IN NORTH EASTERN & EASTERN EUROPEAN COUNTRIES**

**20% THE RISK**

**2X THE RISK**

**1990 1950**

**20% THE RISK**

**2X THE RISK**

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