Colorectal cancer (CRC) is the second most common cancer in Europe, accounting for over 14% of all cancer diagnoses across the continent. One European dies every 3 minutes from CRC.

### Reducing Your Risk

- Limit alcohol
- Increase fibre intake
- Exercise regularly
- Reduce processed meat
- Reduce saturated fats
- Healthy body weight

### Risk Factors

- Family history of CRC
- Heavy alcohol consumption
- High consumption of processed meat
- Obesity
- Long-term inflammatory bowel disease
- Smoking

### Symptoms

- Persistent rectal bleeding
- Blood in stools
- A change in bowel habits
- Abdominal pain
- Loss of appetite
- Unexplained weight loss

### CRC Incidence

CRC incidence (per 100,000 population)