



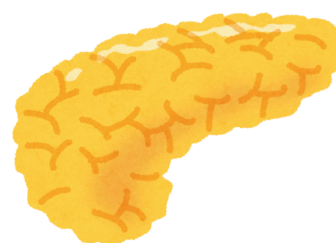
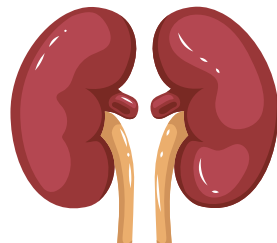
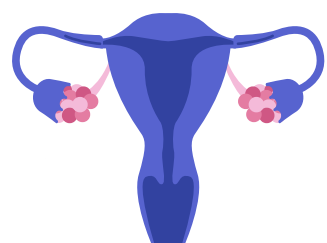
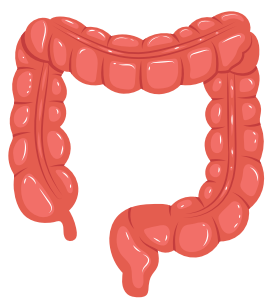
CEECCR

Cohorts for Environmental
Exposures and Cancer Risks

Early-Onset Cancer

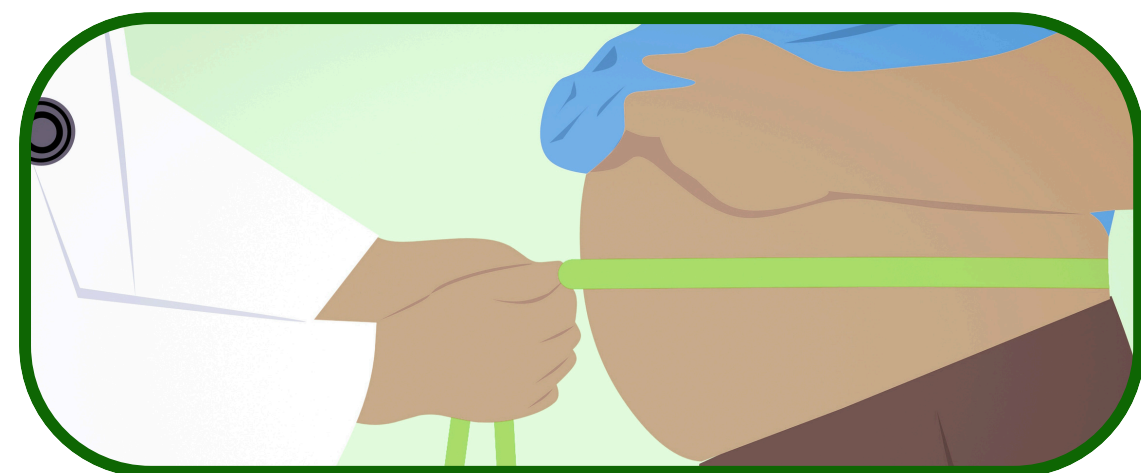
What is early-onset cancer?

- Early-onset cancers are cancers diagnosed in people aged 18 to 49 that are more commonly diagnosed in older adults.¹
- Cancers that usually occurred in people over 50 – like colon, breast, uterine, kidney, and pancreatic cancer – are also now becoming more common in younger adults.¹
- Many early-onset cancers are increasing in both women and men, but women account for 2 out of 3 of all cancers diagnosed in adults under 50 – driven primarily by breast cancer.²



Why are people getting diagnosed with cancer earlier?

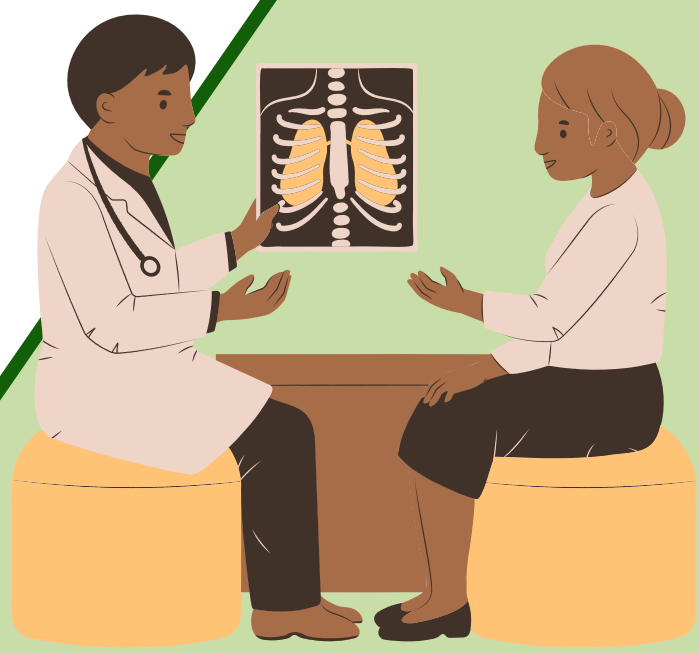
- Fewer people are dying from most cancers.³ Also, several cancers with well-known risk factors, such as lung cancer (tobacco) and cervical cancer (human papillomavirus or HPV) have decreased in the past twenty years.⁴ However, more people under 50 have died from colorectal cancer and endometrial cancer since 1990 than before that time.⁵
- Many factors may be influencing the increase we are seeing in some early-onset cancers.^{3,4}
- Some cancer risk factors, like obesity, physical inactivity, diabetes, and eating a lot of highly processed foods, are becoming more common in people under 50 and may be part of the reason people are getting cancer at a younger age.⁶
- Better screening guidelines, improved imaging technology, and closer monitoring of people at higher risk are helping doctors find cancers earlier.⁶
- Other environmental and lifestyle-related exposures, particularly early in life, may contribute to increases in early-onset cancers.^{7,8,9}
- CEECCR researchers are studying new cancer cohorts to understand how environmental, lifestyle, and genetic factors are linked to cancer risk.¹⁰



Lower Your Cancer Risk

See your doctor every year

Follow recommended checkups, cancer screenings, and vaccination schedules. Talk to your family about their cancer history and share with your doctor.¹¹



Move to increase your heart rate at least 2 hours a week and strength train your muscles at least 2 days a week.¹²

Stay active

Protect your skin

Wear hats, protective clothing, and sunscreen.¹³



Drink less and less often. Avoid cigarette smoke and tobacco products in any form.¹³

Limit alcohol and avoid tobacco

Eat healthy

Eat a diet filled with many types of vegetables, fruits, whole grains, beans and plant-based foods.¹⁴



 **CEECCR**
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 **MI-CARES**
UNDERSTANDING THE IMPACT OF OUR ENVIRONMENT

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FAMILIES STUDY

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THE SOUTHERN LIVER HEALTH STUDY

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References

