

The last **3** CENTIMETRES matter



Ready to
break the
silence?

Let's talk about
anal cancer

Did you know ...

that the average human anus
is 3 centimetres long?¹



The last 3 centimetres matter

We all have one ... and yet many people start to flinch at the very word: anus. A silence with consequences. Because if you are already ashamed to even mention it, how likely are you really to have yourself checked out by a doctor? One of the reasons why anal cancer often gets diagnosed too late. A small body part that plays a big role – and should get the same amount of attention as any other. And talking about it can literally save lives.

Let's make anal cancer a socially acceptable topic.

**Because anal health concerns us all
and prevention is key!**

What is anal cancer?

Anal cancer is a malignant tumor that develops in the anus. About 90% of the cases are anal carcinomas originating from the squamous epithelial cells of the anus. The anus, also called the rectal opening, is where stool exits the body. A distinction is made between tumors of the **anal canal** and those of the **anal margin**.¹

Anal cancer is a rare disease affecting approximately 1.3 to 2.3 people per 100,000 annually – women more often than men.² It typically occurs between the ages of 50 and 70.¹

Because anal cancer is relatively rare, it is still often overlooked – even though cases are steadily increasing.² That's why it's so important to address any symptoms in and around the anus early, to enable better early detection. Silence should not become a barrier to timely diagnosis.

Let's talk about it!

Learn more and test your own anal cancer risk:

www.3cm-asap.org

References:

1. Leitlinienprogramm Onkologie. Patientenleitlinie Analkarzinom. https://www.leitlinienprogramm-onkologie.de/fileadmin/user_upload/Downloads/Patientenleitlinien/Patientenleitlinie_Analkrebs_167v100.pdf (last accessed on 09.02.2026).
2. Robert Koch-Institut. Krebs in Deutschland. https://www.krebsdaten.de/Krebs/DE/Content/Publikationen/Krebs_in_Deutschland/krebs_in_deutschland_2023.pdf?__blob=publicationFile (last accessed on 09.02.2026).

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