CCF Champ Jamie Crespo Advocates for Knowing Your Family Health History

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Jamie Crespo lives in Seattle, Washington, and is a Colon Cancer Foundation (CCF) Champion. She was introduced to CCF through the New York City marathon when she registered to run for our charity in 2020. When looking through charities, she found that CCF's mission and cause was relevant to her personal experience with her family. Due to the COVID-19 pandemic, she ran the marathon in 2021.

In 2017, Jamie's parents who were both in their 60s had never undergone a screening colonoscopy. In the absence of a family history of colon cancer, they did not even consider scheduling one. However, her father started losing a significant amount of weight and seemed very pale. When Jamie persuaded him to see a doctor, they discovered he had internal bleeding. After running some tests, the doctors found a mass in his colon. Following a colectomy, he was diagnosed with stage 3B colon cancer. Jamie's father started chemotherapy in the fall of 2017 and is, fortunately, in remission!

In the beginning of the same year, Jamie's mother was to receive a check-up but it was delayed to the fall due to her father's diagnosis and subsequent treatment. Unfortunately, when her mother went through a screening colonoscopy, she was diagnosed with stage 1 colon cancer. Thankfully, she was able to undergo a laparoscopic colectomy, in time, and remains in remission.



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A post shared by jamie crespo (@jamielynette)

With no known history of colon cancer in her family, Jamie emphasizes that everyone should initiate their screening at the recommended age of 45 years. She promotes preventative care knowing that typically, individuals who present with symptoms may be diagnosed at a more advanced stage when the disease is less treatable. Ever since her parents' diagnoses, Jamie posts regularly on social media and raises money for the CCF. She is a member of the Club Seattle Runners Division and posted photos of her run to promote colorectal cancer awareness as well as relay her personal story of colorectal cancer.

You can find Jamie on Instagram: @jamielynette

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