My mother was the cornerstone of our family. She shaped me as an actor, as a musician, as a human being.

So when she was diagnosed with colon cancer, it was like our whole family got cancer. And she died when she was only 56, so this is personal.

Now, hopefully my heartbreak is your wake-up call.

Colorectal cancer is the second leading cancer killer. But you can prevent this disease. Screening finds precancerous polyps so that they can be removed before they turn into cancer.

I've been screened. If you think that you're at an increased risk, like I am, ask your doctor when to start screening.

And if you're 50 or older, please get screened. I'd do anything to have my mother here.

Please do all you can to stay around for yourself and for your family.

Screening saves lives.