

Colon Cancer Screening

Colon cancer is the second leading cause of cancer-related death in the U.S.

Colon cancer survival dramatically improves with early detection. For this reason, getting regularly screened for colon cancer is very important.

What can put you at risk?

- At **age 45 years** and older, regular colon cancer screenings should be started.
- If you have a **family history** of colon cancer, talk to your provider as your colon cancer screenings should start **BEFORE** age 45.
- Both men and women are at risk for colon cancer, but **the risk is greater in men.**

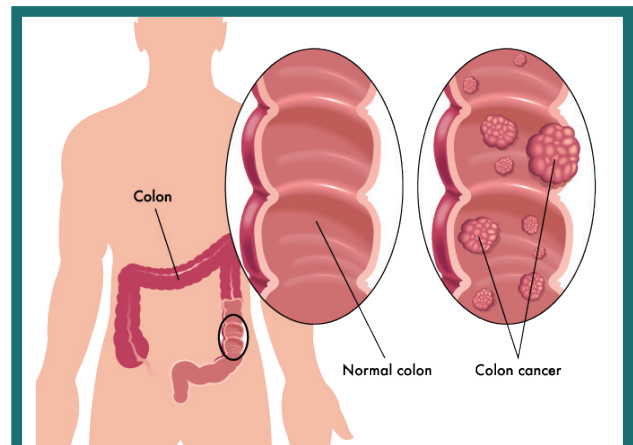
Common Screening Tests

Fecal Immunoassay Test (FIT)

- Safe, accessible, easy to complete
- Done at home
- Detects cancer early by finding hidden blood in the stool
- Must be repeated yearly

Colonoscopy

- Examines the entire colon and removes polyps
- Finds most cancers or polyps that are present at the time of the test
- Repeat every 10 years
- Preparation required
- Done in a hospital or qualified clinic



What is a Polyp?

A polyp is an abnormal growth in the colon. These can sometimes be cancerous.

Reducing Your Risk for Colon Cancer

- Get screened as recommended by your provider
- Exercise 30 minutes every day
- Eat fruit, vegetables and whole grains
- Stop smoking
- Decrease or eliminate alcohol usage
- Lose Weight

Ask your provider today about your colon cancer screening options!