

## Early detection through screening can save lives.

Doctors recommend that **people with an average risk** of colon cancer consider starting colon cancer screening around age 45. **People with a higher risk** should think about starting screening sooner.

KNOW YOUR RISK	
High risk	Average risk
<input type="checkbox"/> Family history of colon or rectal cancer or precancerous polyps	<input type="checkbox"/> You are age 45 or older*
<input type="checkbox"/> Family history of colorectal cancer syndrome	<input type="checkbox"/> No prior colon cancer or polyps
<input type="checkbox"/> Previously removed precancerous polyps or cancer	<input type="checkbox"/> Nothing that defines high risk
<input type="checkbox"/> Previous diagnosis of ulcerative colitis or Crohn's disease	

\* new guideline

HOW TO SCREEN			
	Colonoscopy	Cologuard	FIT (fecal immunochemical test)
<b>What is it?</b>	A visual exam of the colon using a scope to seek and remove abnormal growths in the colon and rectum. <ul style="list-style-type: none"> <li>Sedation is commonly used</li> <li>Requires fasting and a bowel prep with laxative</li> <li>Usually covered by most insurance plans</li> </ul>	A do-it-yourself at-home test that you send to a lab. <ul style="list-style-type: none"> <li>Finds blood and abnormal DNA in stool (poop)</li> <li>Does not require a bowel prep or fasting</li> <li>Can request from your primary care provider</li> <li>Check with your insurance plans for coverage</li> </ul>	A do-it-yourself at-home test that you send to a lab. <ul style="list-style-type: none"> <li>Finds blood in stool (poop)</li> <li>Does not require a bowel prep or fasting</li> <li>Can request from your primary care provider</li> <li>Check with your insurance plans for coverage</li> </ul>
<b>Who is it for?</b>	Adults at high or average risk	Adults at average risk	Adults at average risk
<b>How often is it done?</b>	Every 7 to 10 years for routine testing	Every 3 years	Once each year
<b>What if I have a positive result?</b>	If found, polyps or abnormal growths may be removed during the procedure and sent to a lab for testing	You will need a colonoscopy to determine the reason for the positive result	You will need a colonoscopy to determine the reason for the positive result
<b>What else should I know?</b>	Colonoscopy detects and prevents both polyps and cancers at the highest rate	Does not detect all polyps and can miss larger polyps that may become cancer	Does not typically detect polyps or altered DNA, a better indicator of cancer

**Next steps:**

- Talk with your primary care provider or insurance provider to get your questions answered and your screening test scheduled.
- Make healthy choices in your daily life to reduce your risk of cancer. These include:
  - Avoiding alcohol and tobacco
  - Getting at least 150 minutes of moderate-to-vigorous activity weekly (about 30 minutes each day, 5 days a week)
  - Eating plenty of fresh fruits and vegetables and limiting red meat, refined flours, and sugar
  - Faithfully following your treatment plan for any health conditions you may have

**What are the symptoms of colorectal cancer?**

Colorectal cancer is the 3rd leading cause of cancer deaths in the United States. Colon and rectal cancers don't often have symptoms at first, which is why you need to have regular screening.

Common symptoms include:

- A change in your bowels that last more than a few days. For example:
  - Unexplained diarrhea or constipation
  - A feeling that your bowels don't empty completely
  - Your stool is narrower or has a different shape than usual.
- Blood in your stool (bright red or black)
- Frequent gas pain and bloating
- Weight loss for no reason
- Extreme tiredness

**If you are concerned about your symptoms, call your doctor right away.**

**Notes**