



I want to learn about prevention.  
I'm ready now.

## Colorectal screening saves lives

**If you are 50 or older, talk to your doctor about screening for colorectal cancer.**

### **This is one type of cancer you can prevent.**

For men and women age 50 and over, Providence Health Plan recommends a fecal occult blood test every year or flexible sigmoidoscopy every five years or colonoscopy every 10 years.

### **What is colorectal cancer?**

Colorectal cancer is cancer that occurs in the colon or rectum. The colon and rectum form a long tube (intestine) that absorbs water and cleans your body of waste.

### **How do screenings save lives?**

Screening tests for colorectal cancer can prevent cancer from forming. Here's how:

- Colorectal cancer usually starts as a small clump of cells called polyps. A polyp is a growth that shouldn't be there.

- Over time, some polyps may turn into cancer.
- Screening tests can find polyps, so they can be removed before they turn into cancer.
- Screening tests can also find colorectal cancer early, when treatment is most effective.
- Colorectal cancer doesn't always cause symptoms. You can look healthy and feel fine, and not know there is a problem.

There are several different screening tests that can be used to find polyps or colorectal cancer. Out-of-pocket costs vary by type of screening. See your summary of benefits for details and talk to your doctor about the tests that are right for you.

**For more information on colorectal cancer or to find a doctor, visit [www.providence.org/php/colorectal](http://www.providence.org/php/colorectal).**



### **Who is at risk?**

- Men and women age 50 or older.
- Those who have had a close relative diagnosed with colorectal cancer.
- Those who have inflammatory bowel disease.