

Colorectal cancer

Easy to screen, easy to prevent

Colorectal cancer is one of the most preventable of all cancers. The key is regular screenings. It's that simple.

Early detection is your friend

Most colorectal cancers begin as small, noncancerous cells called polyps that may not even cause symptoms. During a screening, your doctor looks for polyps and can remove them before they turn cancerous.

When to start?

Men and women should get regular screenings, beginning at age 50. If you have a family history of polyps or colorectal cancer, you and your doctor may decide to screen earlier.

Types of screenings

Providence Health Plans recommends one of these types of screenings. You and your provider should discuss which is best for you.

- Fecal occult blood test – annually.
- Flexible sigmoidoscopy – every five years.
- Colonoscopy – every 10 years.



Learn more on the
Health Balancesm pages
of our Web site

EDU-017

www.providence.org/healthplans

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