Colorectal Cancer Screening



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SAVES LIVES

Talk to your doctor about screening options and when to begin screening

RISK FACTORS

AGE Ages 45 and over should be screened

for colorectal cancer. Under age 45, learn the signs & symptoms and ask your doctor if you have any concerns.

GENDER

Both men and women are at risk for colorectal cancer, but the risk is greater

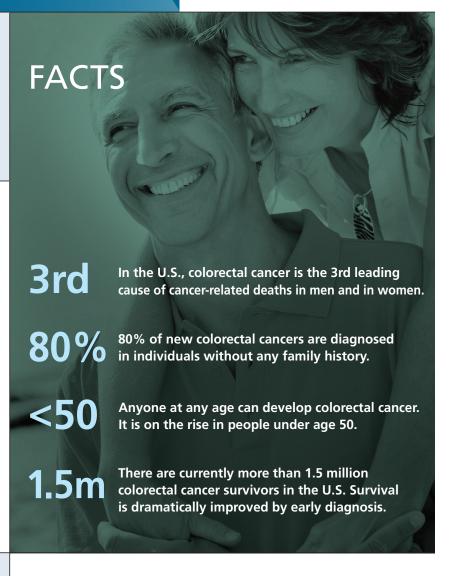
for men.

FAMILY HISTORY Those with a family history of colorectal cancer should start screening earlier than age 45. Ask your doctor.

ETHNICITY

African Americans have the highest rate of colorectal cancer incidence of all racial groups in the United States.

Contact your health insurance provider to learn about your insurance coverage for colorectal screening.



SCREENING OPTIONS

There are two common screening tests available at Providence:

COLONOSCOPY

- Screening and detection
- Prevention of colon cancer by removal of polyps
- Repeat every 10 years with normal screening results
- Preparation required

FECAL IMMUNOCHEMICAL TEST (FIT)

- Screening only
- A stool sample test. If test is positive, colonoscopy is required
- Repeat yearly
- No dietary restrictions needed before test

REDUCE YOUR RISK

- GET SCREENED
- DO NOT SMOKE
- EXERCISE 30 MINUTES A DAY
- LIMIT ALCOHOL
- EAT FRUIT, VEGGIES AND WHOLE GRAINS
- WATCH YOUR WEIGHT

To learn more about colorectal cancer risks, prevention and screening: providenceoregon.org/colorectalcancerscreening 503-215-6014

