

# 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.

## FACTS

**3rd** In the U.S., colorectal cancer is the 3rd leading cause of cancer-related deaths in men and in women.

**80%** 80% of new colorectal cancers are diagnosed in individuals without any family history.

**<50** Anyone at any age can develop colorectal cancer. It is on the rise in people under age 50.

**1.5m** There are currently more than 1.5 million colorectal cancer survivors in the U.S. Survival is dramatically improved by early diagnosis.

## 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](http://providenceoregon.org/colorectalcancerscreening)

503-215-6014