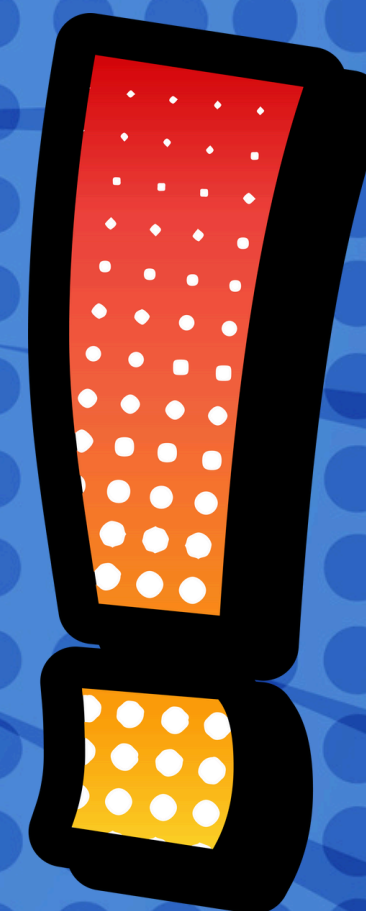


**Let's Knock Out
Colorectal Cancer**

COLORECTAL CANCER

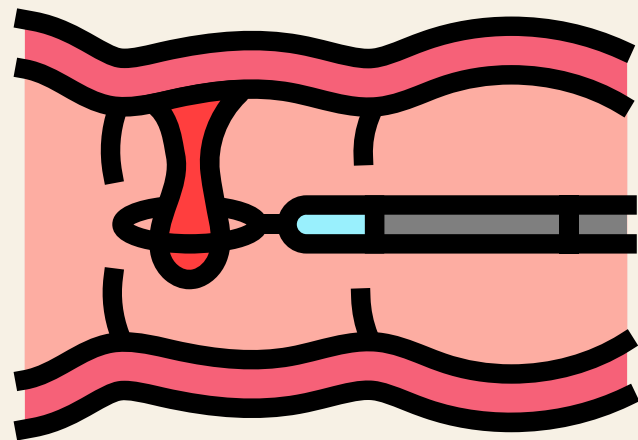
You Can Prevent IT!

COLORECTAL CANCER IS THE THIRD MOST COMMON CANCER



PREVENTION STARTS WITH YOU

Physicians from the American College of Gastroenterology want you to know that screening colonoscopy can find growths in the colon called polyps so they can be removed before they turn into Colorectal Cancer.



COLON POLYPS

1 A polyp is a small clump of cells on the lining of the colon. Most colon polyps are harmless. Some colon polyps can develop into colorectal cancer, often fatal when found in its later stages,

2 Not all polyps turn into cancer, but all cancers start at polyps.

3 Because colon polyps do not usually cause symptoms, it is important to have regular colorectal screenings such as a colonoscopy.



REMEMBER!

Remember: screening by colonoscopy
with polyp removal prevents Colorectal
Cancer before it can start.

45 IS THE NEW 50

Age 45 is now recommended as the time to start screening for colorectal cancer among all average risk adults according to the American College of Gastroenterology.

Earlier guidelines recommended starting at age 50 for most people and 45 for African Americans only. Now 45 is the new 50 to start screening for everyone at average risk for colorectal cancer.



NEVER IGNORE NEW OR WORRYING SYMPTOMS

Reach out to your health care providers regardless of your age if you have new or worrying symptoms such as blood in the stool, a change in bowel habits, rectal or abdominal pain, unexpected weight loss, unexplained or new anemia.

SCREENING OPTIONS

1 step test - colonoscopy - your doctor can see and remove pre-cancers called polyps and prevent, detect or confirm colorectal cancer all in one step

2 step test - stool based test or flexible sigmoidoscopy, colon capsule or CT Colonography - positive test - colonoscopy.

10 VS. 1 - In general, colonoscopy every 10 years starting at age 45 for average risk adults is recommended as a screening test as compared to the alternate stool fit test which you undergo every year,

WHAT'S UP YOUR BUTT?

Just a reminder that March is Colorectal
Cancer Awareness Month!

