

## **Colorectal Screening Education**

### ***Facts:***

- Colorectal cancer develops in the large intestine (colon) or rectum.
- Colorectal cancer is the second leading cancer killer in the U.S., affecting both men and women.
- If you're 50 or over, see your doctor and get screened for colorectal cancer.
- Screening for colorectal cancer saves lives & help prevent colon cancer.
- Screening tests help find precancerous polyps so they can be removed before they turn into cancer.
- Screening helps find colorectal cancer early, when treatment can be very effective.
- Because polyps or cancer in the colon or rectum don't always cause symptoms, it is important to be screened regularly for colorectal cancer.
- Most insurance plans, including Medicare, help pay for colorectal cancer screening.

***Colon Cancer Screening Plans:*** *Colorectal Cancer Screenings should begin at age 50. Any one of the following screening strategies are recommended:*

- ***Colonoscopy every 10 years*** –Preferred method of screening after the age of 50. Allows a surgeon to see the lining of the rectum and the entire colon.
- ***iFOBT: Immunochemical Fecal Occult Blood Test every 12 months***- Many insurance companies, including Medicare, will cover the cost of 1 test every 12 months for a qualifying condition. Measures microscopic amounts of blood in the stool. Good alternative for those who do not meet the age requirements or for those who can't or are unwilling to have a colonoscopy.
- ***Flexible Sigmoidoscopy every 5 years***- Allows a surgeon to directly view the lining of the rectum and lower part of the colon.

***People with an increased risk may be screened at a younger age.***

### ***Factors that increase risk:***

- Family history includes first degree relative (parent, brother, sister or child) with colorectal cancer or polyps at a young age.
- Prior colorectal cancer or polyps
- People with an inflammatory bowel disease such as ulcerative colitis or Crohn's disease.
- Increased age
- Lifestyle factors including:
  - Diet high in fat
  - Red or processed meat
  - Low fiber diet
  - Sedentary lifestyle
  - Cigarette smoking
  - Alcohol use
  - Obesity