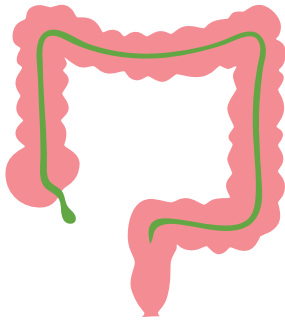


MY COLORECTAL CANCER

SCREENING OPTIONS



Colonoscopy

every 10 years

Finds and removes pre-cancerous growths (polyps) before they turn into cancer.

Looks at the entire rectum and colon.

Full day bowel preparation.

The whole appointment takes 3-4 hours.

Asleep during test.

Requires an escort after test.



Fecal Immunochemical Test (FIT)

yearly

Detects blood in the stool, which may be a sign of cancer.

Stool test done at home.

Doesn't require any food or medication restrictions.

Positive results need to be followed up with a colonoscopy.

Reasons to get checked for

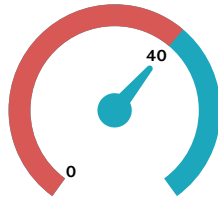
Colorectal Cancer

You are Alaska Native or American Indian.

Colorectal cancer is found in Alaska Native people two times more than in other populations



2x as high



You are 40 years or older.

Over 90% of men and women who get colorectal cancer are over the age of 50. Alaska Native people should start screening at age 40.

A family member has had colorectal cancer.

You are more likely to get colorectal cancer if a family member has had it. Ask your family about their health history. Talk to your provider about when you should start colorectal cancer screening.



Colorectal screenings prevent cancer and save lives.

Four out of 5 people who get colorectal cancer would not get it if they had regular screenings. Screenings can find and remove polyps, small growths, before they turn into cancer.

Colorectal cancer often has no symptoms.

Cancer can be in your body even if you feel good. Screenings can find the cancer early when it is easier to treat.

