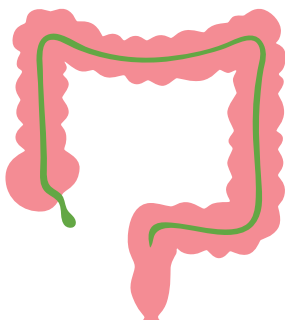


# MY COLORECTAL CANCER

## 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

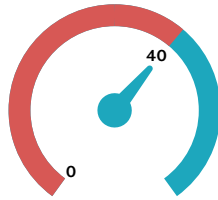
## Colorectal Cancer

### 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.

