

Why **screening** for colorectal cancer on time matters

Regular screening is important. Even if you've screened in the past, you will need to screen again based on your healthcare provider's recommendation.



If caught in early stages, it is more treatable in 90% of people*¹



It is on the rise in people 45-49²



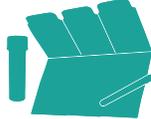
At least 70% of people have no family history³



It is the 2nd leading cause of cancer-related deaths⁴

Know your screening options

There are several screening options. No matter which one you choose, the American Cancer Society recommends regular screening starting at age 45.² Of course, the best screening option is the one that gets done.

	 Visual Exam ^{†5} Looks at colon/rectum with a scope or X-ray. [‡]	 FIT/FOBT ^{§2} (Fecal Immunochemical Test/ Fecal Occult Blood Test) Detects blood hidden in the stool sample.	 Stool DNA Test ^{§6} Checks for abnormal DNA and blood hidden in the stool sample.
Recommended for	Adults at high or average risk ⁶	Adults at average risk ⁶	Adults at average risk ⁶
Noninvasive	No ⁵	Yes, used at home ⁵	Yes, used at home ²
Prep required	Yes ⁵	In some cases ⁵	No ²
How often it's used	5-10 years ^{¶2}	Once a year ²	Every 3 years ²

*Based on 5-year survival.

† Screening options include colonoscopy, flexible sigmoidoscopy, double-contrast barium enema, and computed tomographic (CT) colonography.

‡ May require anesthesia.

§ Any positive result should be followed by a diagnostic colonoscopy.

|| FOBT requires changes to diet or medication. FIT does not require changes to diet or medication.

¶ For adults at high risk, screening intervals may be more frequent and should be discussed with your healthcare provider.

Questions to ask about colorectal cancer and screening

These questions may help you have a more productive conversation with your healthcare provider.

For you:

Some questions to ask yourself before you screen

- | | yes | no | |
|---|--------------------------|--------------------------|--------------------------------------|
| ① Are you 45 years or older? | <input type="checkbox"/> | <input type="checkbox"/> | |
| ② Do you have a personal or family history of colorectal cancer? | <input type="checkbox"/> | <input type="checkbox"/> | |
| ③ Have you screened before? If so, when? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="text" value="mm/yyyy"/> |
| ④ Has your healthcare provider recommended screening and you haven't done it yet? | <input type="checkbox"/> | <input type="checkbox"/> | |

For your healthcare provider:

Some questions to ask your healthcare provider before you screen

- | | |
|---|----------------------|
| ① What options are right for me? | <input type="text"/> |
| ② When am I due to screen? | <input type="text"/> |
| ③ I'm ready to screen. How can I get started? | <input type="text"/> |

Notes:

Anything else about colorectal cancer or screening you'd like to discuss with your healthcare provider? Use this area to write down your thoughts and questions.

Make a plan to get screened and talk to your healthcare provider about your options.

REFERENCES

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3. Patel SG, Ahnen DJ. Familial colon cancer syndromes: an update of a rapidly evolving field. *Curr Gastroenterol Rep.* 2012;14(5):428-438.
4. Siegel RL, Miller KD, Jemal A. Cancer Statistics, 2020. *CA Cancer J Clin.* 2020;70(1):7-30.
5. American Cancer Society. Colorectal Cancer Facts & Figures 2017-2019. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/colorectal-cancer-facts-and-figures/colorectal-cancer-facts-and-figures-2017-2019.pdf>. Accessed February 10, 2020.
6. National Comprehensive Cancer Network. Colorectal Cancer Screening (Version 2.2019). https://www.nccn.org/professionals/physician_gls/pdf/colorectal_screening.pdf. Accessed February 10, 2020.