



# Make That Call

## FOR COLON CANCER SCREENING



### This Call Can Save Your Life

#### PREVENT, TREAT AND SURVIVE

Colorectal cancer, often referred to as colon cancer, is the second-leading cause of cancer death in the United States—but it doesn't have to be. This disease is largely **preventable** & highly **curable** with the recommended screening & early detection.

#### RISK FACTORS

- Colon cancer occurs in both **men and women**.
- Colon cancer may occur at any age, but the risk is increased in persons **age 50** & older.
- Medical factors that **increase the risk** of colon cancer include:
  - Personal or family history of colorectal polyps or colorectal cancer;
  - Personal history of inflammatory bowel disease;
  - Personal or family history of hereditary colon cancer syndromes.

#### SCREENING = PREVENTION & EARLY DETECTION

- Screening refers to testing that is done before symptoms are present.
- Screening tests allow the detection of early colon cancer when it is highly curable, as well as the detection of growths, called **polyps**, which can turn into cancer. In removing a pre-cancerous polyp, colon cancer can often be prevented.
- Women and men at **average risk** for colon cancer need to begin screening at **age 50**. American Cancer Society joint screening recommendations for those at average risk include **one** of the following options, grouped by screening tests for both cancer & pre-cancerous polyps or for primarily cancer:

#### Tests That Detect Both Polyps and Cancer

- Colonoscopy every 10 years; OR
- Flexible sigmoidoscopy every 5 years; OR
- Double-contrast barium enema every 5 years; OR
- Computed tomographic colonography (virtual colonoscopy) every 5 years.

#### Tests That Detect Primarily Cancer

- Fecal occult blood test (FOBT) with high sensitivity for cancer, every year; OR
- Fecal immunochemical test (FIT) with high sensitivity for cancer, every year; OR
- Stool DNA test with high sensitivity for cancer (interval uncertain).
- Those who have certain risk factors (such as a family history of colorectal polyps or cancer), need to speak with their doctor about beginning screening at a younger age.
- The New York City Department of Health & Mental Hygiene recommends colonoscopy as the preferred method of screening for colorectal cancer.

#### SYMPTOMS

Early colon cancer often has no symptoms at all. When present, symptoms may include: rectal bleeding, change in bowel habits, narrowing of the stool, cramping pain in the abdomen, fatigue, or unexplained weight loss.

If you have symptoms, please see your doctor promptly for evaluation.

**Make That Call to Prevent, Treat and Survive the second leading cause of cancer related deaths in the United States**

**THIS CALL CAN SAVE YOUR LIFE**  
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