

Why is screening for colorectal cancer important?

Colorectal cancer is a leading cause of cancer death in the United States, but it does not have to be. Screening can find pre-cancerous polyps and abnormal growths in the colon or rectum that can be removed. Screening also helps find colorectal cancer at an early stage, when treatment works best. **The most effective way to reduce your risk of colorectal cancer is to get screened for routinely, beginning at age 45.**

What are the risk factors of colorectal cancer?

Your risk of getting colorectal cancer increases as you get older. Other non-modifiable risk factors include:

- Inflammatory Bowel Disease, Crohn's Disease, or Ulcerative Colitis
- A personal or family history of colorectal cancer or colorectal polyps
- A genetic syndrome such as familial adenomatous polyposis or hereditary non-polyposis colorectal cancer (Lynch Syndrome)

What are my options to screen for colorectal cancer?

Several screening tests can be used to find polyps or colorectal cancer. It is important to know that if your test result is positive or abnormal on some screening tests (stool tests, flexible sigmoidoscopy, and CT colonography), a colonoscopy test is needed to complete the screening process. There are many options to screen for colorectal cancer, ask your medical provider which one is right for you.

Lifestyle factors that may contribute to an increased risk of colorectal cancer include:

- Lack of regular physical activity
- A diet low in fruit and vegetables
- A low-fiber and high-fat diet, or a diet high in processed foods
- Overweight and obesity
- Alcohol consumption
- Tobacco use

Most people should begin screening for colorectal cancer **soon after turning 45, and then continue getting screened at regular intervals.** However, if you have any of the other non-modifiable risk factors, you may need to be screened earlier or more frequently.



Scan the QR code to watch an informative video on colorectal cancer.

How do I perform the stool test?

Make sure you read all the instructions that come with the testing kit. Do not forget to print your name and the date the sample was collected. Make sure you complete the reply form and mail it to the laboratory as soon as possible.



Scan the QR code to watch video on how to obtain a stool sample for testing.