"Why Should I Get Screened?"

"I don't have symptoms."
**Fact:** Colorectal cancer doesn’t always cause symptoms, especially early on.

"It doesn't run in my family."
**Fact:** Most colorectal cancers occur in people with no family history.

"But that test..."
**Fact:** There are several kinds of screening tests for colorectal cancer.

Colorectal Cancer Screening Saves Lives

Colorectal cancer is the 2nd leading cancer killer in the U.S. But it can be prevented. Screening helps find precancerous polyps so they can be removed before they turn into cancer. Screening can also find colorectal cancer early, when treatment is most effective.

*If you’re 50 or older—don’t wait.*
*Talk to your doctor and get screened.*

Information included here was provided by CDC's Screen for Life: National Colorectal Cancer Action Campaign www.cdc.gov/screenforlife
**When should I get screened for colon cancer?**

Screening for colorectal cancer is recommended for men and women beginning at age 50. The U.S. Preventive Services Task Force (USPSTF) recommends that adults age 50 to 75 be screened for colorectal cancer, and that adults age 76 to 85 ask their doctor if they should be screened.

**What are the different screening tests for colorectal cancer?**

Several screening tests can be used to find polyps or colorectal cancer. The benefits and risks of these screening methods vary. Discuss with your doctor which test is best for you. Examples of recommended screening tests are:

- Colonoscopy (once every 10 years)
- High-Sensitivity Fecal Occult Blood Test, also known as a Stool Test (once a year)
- Flexible Sigmoidoscopy (every 5 years)

**What questions should I ask my doctor?**

Do I need to get a screening test for colorectal cancer?

- What screening test(s) do you recommend for me?
- How do I prepare? Do I need to change my diet or my usual medication schedule?
- What’s involved in the test? Will it be uncomfortable or painful?
- Is there any risk involved?
- When and from whom will I get results?

If you’re having a colonoscopy or sigmoidoscopy you will want to know —

- Who will do the exam?
- Will I need someone with me?