Colorectal Cancer
A screening could save your life.

Be smart and protect yourself
Colorectal cancer can affect important parts of your body. The colon absorbs water and minerals from our digested food. The remaining waste moves to the rectum for elimination.

Get screened, before you get cancer
Screenings help find changes or precancerous cells that could lead to cancer, even before you have any symptoms. If you are age 50 or older, or deemed at high risk for colon cancer because of other factors, you may need a screening earlier or more frequently.

FECAL OCCULT BLOOD TESTS (FOBT)
Doctors test for blood in a sample of your stool. Recommended once a year

COLOGUARD® FIT DNA
Doctors look at a large sample of your stool for any changes in the DNA makeup. Recommended every 3 years

FLEXIBLE SIGMOIDOSCOPY
You are sedated for this outpatient procedure in which doctors use a thin, flexible tube to view the rectum for polyps and/or abnormal tissue. Recommended every 5 years

COLONOSCOPY
You are sedated for this outpatient procedure, in which doctors use a thin, flexible tube to view the colon for polyps and/or abnormal tissue. Recommended every 10 years

CT COLONOGRAPHY (VIRTUAL COLONOSCOPY)
Doctors search for abnormal cells in the colon with X-rays and computer imaging. Recommended every 5 years

Don’t forget to follow up
You may need follow-up tests if you have:
• Abnormal results on your screenings.
• Blood in your stool, change in your bowel habits, or unexplained weight loss.

If cancer is diagnosed, you and your health care provider will discuss a plan of treatment. Treatment is based on the kind of cancer you have and if it has spread to other parts of the body.

Sources: CDC, USPSTF
Everyone you know is at risk

Anyone can get colorectal cancer. Some risks are inherited, others can be avoided.

Your doctor or health care provider may suggest screenings more often if you:

• Have large growths in the colon or rectum, Crohn’s disease, colitis, ovarian disease, or type 2 diabetes.
• Have a family history of colon, rectal, or other types of cancer.

You can reduce your risk by avoiding these unhealthy habits:

• Smoking cigarettes.
• Drinking 3 or more alcoholic drinks a day.
• Becoming obese (having a BMI of 30 or greater).

Questions?

Keep in mind that every plan is a little different, so if you have questions about your costs and coverage, call the number on the back of your member ID card. That number is plan specific and the quickest path to correct answers.

For preventive care and benefit information, call the Member Service number on the back of your insurance card.

Get a screening

AND STOP CANCER IN ITS TRACKS.

Date:

Time:

Location:

Colorectal Cancer — 1 of the 3 most common cancers.

Over 50? It’s time for a screening.