

Colon Cancer

Reduce Your Risk



Who should be tested?

The American Cancer Society (ACS) suggests testing for:

- All adults 50 years of age and older
- People with a family history of colon cancer
- People with a personal history of colon polyps, chronic inflammatory bowel disease or colon cancer

What are the tests?

The ACS suggests the following tests:

- Fecal immunochemical test (FIT - preferred) or fecal occult blood test (FOBT)* - Yearly
- Flexible sigmoidoscopy** - Every five years
- Colonoscopy - Every 10 years

Being tested is the best action you can take to prevent colon cancer. Call your health care provider and make an appointment today.

How can you reduce your risk?

- Get tested.
- Stay active. The ACS suggests at least 30 minutes of exercise five or more days a week.
- Keep a healthy body weight. Ask your provider what your weight should be.
- Eat healthy foods.
- Limit your intake of high-fat foods and alcohol.
- Ask your provider if aspirin therapy might help.

*For FOBT, use the take-home multiple sample method.

** Using either FIT or FOBT yearly, plus flexible sigmoidoscopy every five years is better (but not required) over either of these options alone.

Colon cancer is the third most common cancer in both men and women.

Tests can detect:

- Colon polyps before they become cancerous
- Cancers in their early-stage

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