

# Colon Cancer Reduce Your Risk



## Who should be tested?

The American Cancer Society (ACS) suggests testing for:

- All adults 45 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?

The ACS suggests the following:

- 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.

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\* As per The US Preventive Services Task Force

\*\* 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.

## Do you have health questions?



Call our 24-hour Nurse Advice Line. We are here to help you.  
English: (888) 275-8750  
Español: (866) 648-3537 TTY/TDD: 711

