

know the Risk Factors

Your risk of getting colorectal cancer increases as you get older. More than 90% of cases occur in people who are 50 years old or older.

Other Risk Factors Include

- A personal or family history of colorectal cancer or colorectal polyps.
- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- Certain genetic syndromes such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Lifestyle Risk Factors Include

- Lack of regular physical activity.
- A diet low in fruit and vegetables.
- A low-fiber and high-fat diet.
- Overweight and obesity.
- Alcohol consumption.
- Tobacco use.

know the Symptoms

- Blood in or on your stool.
- Pains, aches, or cramps in your stomach that do not go away.
- Losing weight and you don't know why.

Don't wait for symptoms to be tested for colorectal cancer. Precancerous polyps and early-stage colorectal cancer don't always cause symptoms. It is also important to know that these symptoms may also be caused by something other than cancer. If you have symptoms, talk to your doctor.

Colorectal Cancer

- Preventable
- Treatable
- Beatable

What is scarier?

- Colonoscopy
- Cancer

Doctors recommend colon cancer screening for most people over 50. If you are over 50 or have a family history of colorectal cancer, talk to your doctor.

Screening saves lives.

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Screening Saves Lives

Early Detection is Key

Which test is best for you?

	How it Works	Benefits	Limits	How Often
iFOBT also called a FIT	This test checks for hidden blood in the stool. You are sent home with a kit from your healthcare provider. Once complete your healthcare provider will discuss the results with you.	The test is easy and inexpensive. You take the test in the comfort of your home. This test finds early cancers and some large polyps before they become cancer.	This test misses many large and small polyps, up to 12 out of 100 cancers. You will need a colonoscopy if the test is positive for blood or DNA.	Once a year.
Cologuard	This test identifies altered DNA and/or blood in stool, which are associated with the possibility of colon cancer or precancer. Cologuard is available by prescription only, and must be ordered by your healthcare provider. Once complete your healthcare provider will discuss the results with you.	The test is easy and inexpensive. The container is mailed to your home and you return it in the mail. This test finds early cancers and some large polyps before they become cancer.	This test is recommended for low-risk patients. This test misses up to 8 out of 100 cancers. You will need a colonoscopy if the test is positive for blood or DNA.	Every three years.
Colonoscopy	Healthcare providers can spot and remove polyps during a colonoscopy, which uses a flexible, lighted tube to examine the colon and rectum. A colonoscopy is scheduled through a referral from your provider.	The test is the best way to find cancer early. The doctor can find and remove polyps before they turn into cancer. This test finds small and large polyps.	This test misses some cancers (less than 4 out of 100). You must clean out your colon. You will need a driver on the day of the exam and would need to take the day off from work.	Every ten years or more often, depending on what your doctor finds.