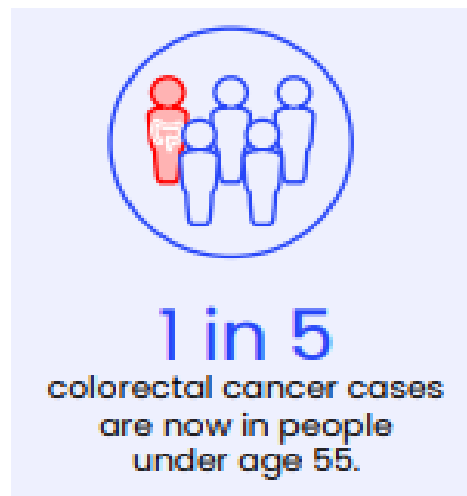


Colorectal Cancer Screening

Did you know Colorectal Cancer is the third most common cancer in the United States?

Overall rates for Colorectal Cancer have decreased in the last decade but incidence rates in people younger than 50 have increased by about 2% each year (2024 American Cancer Society). **For this reason, screening for Colorectal Cancer is now recommended to begin at age 45.**



What can you do?

If you are 45 years of age or older, get screened for colorectal cancer. **A colonoscopy can find precancerous polyps before they turn into cancer. When detected early, Colorectal Cancer is treatable.**

Having a **healthy body weight**, being more **physically active**, and eating a diet high in **whole grains, fruits and vegetables** can reduce your risk of having cancer.

Ways to get screened:

A Colonoscopy is valid for 10 years.

Stool-based tests listed below are valid for 1 to 3 years:

- Fecal immunochemical test (FIT)
- FIT-DNA test
- Guaiac-based fecal occult blood test (gFOBT)

Other imaging options:

- Flexible sigmoidoscopy



To learn more about screening options, schedule an appointment, or request an at home stool-based test, please call us at (855) 696-6596.