

Colon Cancer Screening Options:

Colonoscopy

- ◇ Once every 10 years
- ◇ Doctor can remove pre-cancerous polyps and some cancer.

Flexible Sigmoidoscopy

- ◇ Once every 3-5 years
- ◇ Checks for polyps in the rectum and lower third of colon.
- ◇ Often combined with a blood stool test.

Blood Stool Tests

- ◇ Once every year.
- ◇ Stool sample collected at home.

Talk to your doctor about which test is right for you.

Why Screen?

- ◇ When found early, the chance of being cured is higher.
 - ◇ Doctors can even remove polyps before they become cancerous.
-

Where to Go

For information about screening go to :

www.suffolkcountyny.gov/cancerawareness



Suffolk County
Cancer Prevention
and Health Promotion
Coalition



Colon Cancer Screening

Colon cancer can be
deadly.

It is also highly
preventable.

Talk to your doctor
about **getting screened** if:

- You are between the ages of 50 and 75.
 - You, or a family member has a history of colorectal cancer or polyps.
 - You have a history of inflammatory bowel disease.
 - You have blood in your stool, stomach pain that won't go away, or you are losing weight and don't know why.
-

Reduce your Risk

45% of colon cancers can be prevented through:

- ◇ Eating a healthy diet.
- ◇ Engaging in regular physical activity.
- ◇ Maintaining a healthy weight.