

Did You Know...

- Colorectal cancer can be prevented. Get tested!
- Screening tests can find colorectal cancer early when treatment works best, or before cancer starts.

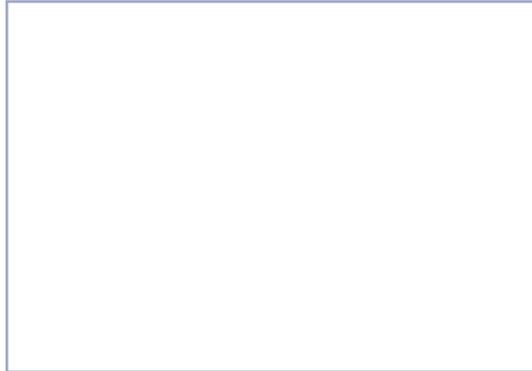


- Colorectal cancer or polyps may not cause symptoms, especially early on. Don't wait for symptoms before you get tested.
- You can lower your risk for colorectal cancer. Eat healthy, exercise, maintain a healthy weight, drink in moderation, and don't smoke.

Not insured?

If you don't have insurance, you may still be able to get screened. The New York State Cancer Services Program offers free colorectal cancer screening for eligible, uninsured New York residents in every county and borough.

Contact your local Cancer Services Program or call **1-866-442-CANCER (2262)** to find a program near you.



You should also consider enrolling in a health plan through the New York State of Health. For more information call the help line at **855.355.5777** or visit: nystateofhealth.ny.gov



Get the Facts about Colorectal Cancer



Colorectal cancer is the **#2 cause of cancer deaths** among New Yorkers, but it doesn't have to be.

Colorectal cancer can be prevented.

All people 45 years and older should be tested for colorectal cancer.

What is Colorectal Cancer?

Colorectal cancer (also called colon cancer) is cancer that starts in the colon or rectum. The colon and rectum are part of the body's digestive system.

Abnormal growths (called polyps) begin in the colon or rectum and, over time, can become cancer.



Why Get Screened?

Colorectal cancer screening tests can find polyps so that they can be removed before they turn into cancer.

Screening tests can also find colorectal cancer early, when treatment may be most effective.

Who Should Get Tested for Colorectal Cancer?

Age is the number one risk factor for colorectal cancer. **People ages 45 to 75 should be screened for colorectal cancer.** After age 75, ask your health care provider if you should be tested.

Some people should get tested earlier than age 45. Talk to your health care provider if:

- You or a family member has had colorectal cancer or polyps
- You or a family member has had inflammatory bowel disease (IBD), including Crohn's disease or ulcerative colitis
- You have a genetic syndrome, such as familial adenomatous polyposis (FAP) or Lynch Syndrome

How Can I Get Tested for Colorectal Cancer?

There is more than one test for colorectal cancer. You have a choice!

Fecal Immunochemical Test (FIT), FIT-DNA test or Fecal Occult Blood Test (FOBT)

You do these tests at home and send stool samples to a doctor's office or lab.

Colonoscopy

A colonoscopy is done in a doctor's office or other medical setting. The doctor looks for growths or cancer in the rectum and colon.

Flexible Sigmoidoscopy

This is like a colonoscopy, except the doctor looks for growths or cancer in the rectum and lower part of the colon.

The best test is the test that gets done.

Talk to your health care provider and choose the one that's right for YOU.

What are the Symptoms of Colorectal Cancer?

Colorectal cancer may not cause symptoms. A person could have colorectal cancer and not know it.

If there are symptoms, they can include:

- Blood in stool or tar-like stools
- Pain or cramps in your stomach that do not go away
- Change in bowel movement habits – either constipation or diarrhea
- Losing weight and you don't know why

If you have any of these symptoms, talk to your health care provider.