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## COLON CANCER SCREENING

Colon cancer can be  
*deadly.*

It is also highly  
*preventable.*

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

- You are age 45 or older.
  - 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.
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### Reduce your Risk

45% of colon cancers can be prevented through:

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

## 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.

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## Why Screen?

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

For information about screening go to :

[www.suffolkcountyny.gov/cancerawareness](http://www.suffolkcountyny.gov/cancerawareness)



Suffolk County  
Cancer Prevention  
and Health Promotion  
Coalition