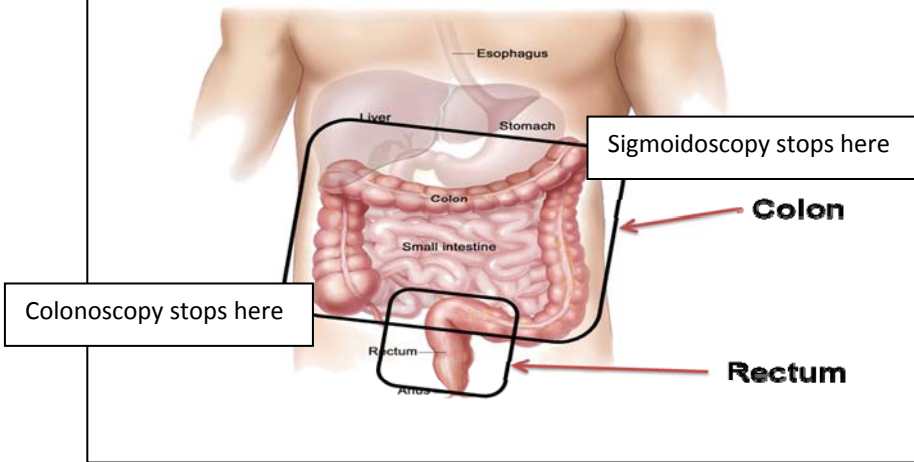


Colorectal Cancer Screening Guide

Colorectal cancer develops in the colon or rectum



Did you know that most people who get colorectal cancer have no family history or other risk factors?

Who should get CRC screening?

Screening is for people with no history of precancerous (adenomatous) polyps or colorectal cancer and with no rectal bleeding or other symptoms of colorectal cancer.

Screening for people at average risk, age 50–75

All of these tests save the same number of lives.

So, the **best test is the one that gets done!**

Colonoscopy every 10 years



- *Prevent cancer*
- *Detect cancer*

Sigmoidoscopy every 5 years, with stool test every 3 years



- *Prevent cancer*
- *Detect cancer*

Stool test kit (FOBT) every year



- *Detect cancer*

Screening for people at average risk, age 75 and older

Screening is recommended for people in good health, age 75–85.

Screening is **not recommended** for people age 85 or older.

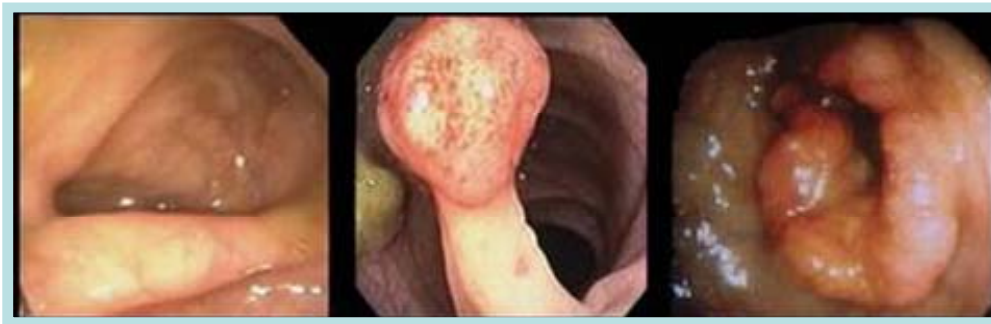
Screening for people at high risk should start before age 50

**Colonoscopy
every 10 years**



- *Prevent cancer*
- *Detect cancer*

What's a polyp? Why should I care?



Normal

Polyp
(pre-cancer)

5–10 years

Cancer

**A healthy lifestyle can reduce
the risk of getting colorectal cancer**



Risk factors:

- Smoking
- High-fat diet
- Obesity
- Lack of exercise
- Alcohol



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