

# Colorectal cancer screening saves lives!

## Most deaths from colorectal cancer are preventable.

- Removing polyps prevents cancer.
- Finding cancer early saves lives.

## You can help decrease colorectal cancer!

- Get screened.
- Urge friends and family to get screened.

## Who needs screening, and what kind?

- 61% of people who get colorectal cancer have *no family history*.
- People at average risk, age 50 to 75:  
(*these tests save the same number of years of life*)
  - Colonoscopy every 10 years or
  - Sigmoidoscopy every 5 years, with home stool test at 3 years or
  - Home stool test every year
- People with a family history or otherwise at high risk may need to start screening earlier.
- African Americans have a higher risk than Whites of getting colorectal cancer and precancerous polyps.
- Ask your primary care provider about the best screening program for you.



**Ask your doctor if it's time to get screened, and then do it—  
for yourself and the people you care about.**

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