





CHAMPS LIFELINE

COLORECTAL CANCER

 **2018 Colorectal Cancer Screening Guideline**
for men and women at average risk

Age 45 - 75	Ages 76 - 85	Age 85 +
 Get screened. Several types of tests can be used. Talk to your doctor about which option is best for you.	 Talk to your doctor about whether you should continue screening. When deciding, take into account your own preferences, overall health, and past screening history.	 People should no longer get colorectal cancer screening.

TESTING OPTIONS

- Stool-based tests look for signs of cancer in a person's stool.
- Visual exams such as colonoscopy or CT colonography, look at the inside of the colon and rectum for polyps or cancer.
- No matter which test you choose, the most important thing is to get tested.

Visit cancer.org/colonguidelines to learn more.

All positive results on non-colonoscopy screening tests should be followed up with a timely colonoscopy to complete the screening process. Talk to your doctor about screening, and contact your insurance provider about insurance coverage for screening.

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Top 3 Tips

1. If you are between the age of 50 to 75, get screened for colorectal cancer regularly.
2. Maintain a healthy weight and diet.
3. Don't smoke.

Risk of colorectal cancer increases with age.

Colorectal cancer doesn't always cause symptoms, especially during the beginning stages. That's why screening to detect pre-cancerous polyps is so important. Colorectal cancer can be **treatable and even preventable if it's detected early**. An estimated 60% of deaths from colorectal cancer could be prevented with screening.

You can reduce your risk of colorectal cancer by maintaining **a diet high in vegetables, fruits, and whole grains**. Reducing intake of red or processed meat and avoiding excess alcohol consumption can also help lower your risk.

 Colon cancer is the second leading cause of cancer-related death in the U.S.	 On average, your risk is about 1 in 20, although this varies widely according to individual risk factors
 There are currently more than one million colon cancer survivors in the U.S.	 People with a first-degree relative (parent, sibling or offspring) who has colon cancer have a two to three times the risk of developing the disease
50+ 90% of new cases occur in people 50 or older.	