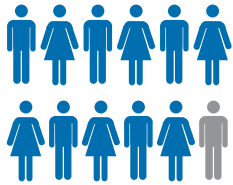


# Deaconess is working to increase COLON CANCER screening rates

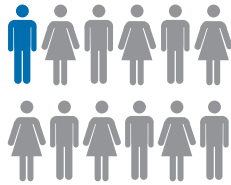


## WHY?

### BECAUSE SCREENING SAVES LIVES



**9 out of 10 cases** of colorectal cancer can be treated successfully when found early.



**1 out of 10 patients** diagnosed at advanced stages of colon cancer survive five years or more.



**Only 4 in 10 cases** of colon cancer are diagnosed at an early stage, partly due to low screening rates.

### WHICH SCREENING IS RIGHT FOR YOU?

If you're 50 or older,\* talk to your doctor about getting tested

| TYPE OF SCREENING   | PROS   | CONS  |
|---|--|---|
| <b>Colonoscopy</b><br>Direct exam of colon and rectum. Polyps removed if present. Required for abnormal results from other tests. | <ul style="list-style-type: none"> <li>Can usually view entire colon</li> <li>Can biopsy and remove polyps</li> <li>Recommended up to every 10 years*</li> <li>Covered by insurance as preventive care*</li> </ul> | <ul style="list-style-type: none"> <li>Higher risk than other tests</li> <li>Full bowel preparation needed</li> </ul>   |
| <b>Take-Home Test</b><br>Can detect blood in stool from tumors or polyps, or can detect certain DNA changes from abnormal cells.  | <ul style="list-style-type: none"> <li>No direct risk to the colon</li> <li>No bowel preparation</li> <li>Sampling done at home</li> <li>Covered by insurance as preventive care*</li> </ul>                       | <ul style="list-style-type: none"> <li>Colonoscopy needed if abnormal</li> <li>May miss some polyps/cancers</li> <li>Should be done more frequently as part of regular wellness checks</li> </ul> |

\* For average-risk individuals with no symptoms, testing should begin at age 50.

Talk to your doctor if you or a close relative have:

- A personal or family history of colorectal cancer or colorectal polyps.
- Inflammatory bowel disease, Crohn's disease or ulcerative colitis.

If you have any of these risks, you may need to start screening before age 50 and be tested more often than other people.

### LIFESTYLE CHANGES CAN LOWER YOUR RISK

|       | Diet | Body Mass Index | Activity | Lifestyle |
|-------|------|-----------------|----------|-----------|
| DO    |      |                 |          |           |
| LIMIT |      |                 |          |           |

### SIGNS/SYMPTOMS

It's best to be tested for colon cancer before having any symptoms. Symptoms often appear only after the cancer has grown or spread. Colon cancer found before there are symptoms is often more successfully treated. Screening can even *prevent* some colon cancers by finding and removing pre-cancerous growths called polyps.

If any of these symptoms do occur, see your doctor right away:

- A change in bowel habits—such as diarrhea, constipation or narrowing of the stool—that lasts for more than a few days
- A feeling that you need to have a bowel movement that is not relieved by doing so
- Rectal bleeding, dark stools or blood in the stool
- Cramping or abdominal (belly) pain
- Weakness and fatigue
- Unintended weight loss

For more information about [colon cancer](#) or any health topic, visit [deaconess.com/Your-Health](http://deaconess.com/Your-Health). Read blogs and watch videos from Deaconess doctors and experts, and sign up to receive our monthly e-newsletter.