To learn more about colorectal cancer risks, prevention and screening:
providenceoregon.org/colorectalcancerscreening
503-215-6014

Colorectal Cancer Screening
SAVES LIVES

Talk to your doctor about screening options and when to begin screening

RISK FACTORS

AGE
Ages 50 and over should be screened for colorectal cancer. Under age 50, learn the signs & symptoms and ask your doctor if you notice something wrong.

GENDER
Both men and women are at risk for colorectal cancer, but the risk is greater for men.

FAMILY
Those with a family history of colorectal cancer should start screening earlier than age 50. Ask your doctor.

ETHNICITY
African Americans have the highest rate of colorectal cancer incidence of all racial groups in the United States.

FACTS

3rd
In the U.S., colorectal cancer is the 3rd leading cause of cancer-related deaths in men and in women.

80%
80% of new colorectal cancers are diagnosed in individuals without any family history.

50+
90% of new cases occur in people 50 or older.

<50
Anyone at any age can develop colorectal cancer. It is on the rise in people under age 50.

1mil
There are currently more than one million colorectal cancer survivors in the U.S. Survival is dramatically improved by early diagnosis.

SCREENING OPTIONS

There are two common screening tests available at Providence:

COLONOSCOPY
- Screening and detection
- Prevention of colon cancer by removal of polyps
- Repeat every 10 years with normal screening results
- Preparation required

Fecal IMMUNOCHEMICAL TEST (FIT)
- Screening only
- A stool sample test. If test is positive, colonoscopy is required
- Repeat yearly
- No dietary restrictions needed before test

REDUCE YOUR RISK

• GET SCREENED
• DO NOT SMOKE
• EXERCISE 30 MINUTES A DAY
• LIMIT ALCOHOL
• EAT FRUIT, VEGGIES AND WHOLE GRAINS
• WATCH YOUR WEIGHT

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