



# Colon Cancer is Preventable

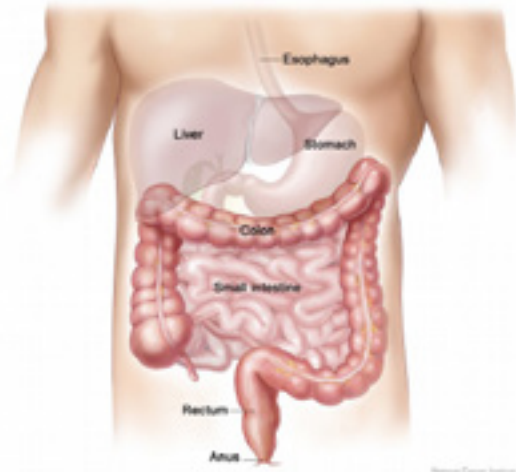


## What is colon cancer?

Colon cancer is cancer of the lower part of your digestive system (the colon or large intestine).

Most colon cancer starts as small, noncancerous (benign) clumps of cells called polyps. Over time some of these polyps become colon cancer.

There may be few, if any, symptoms. For this reason, health care providers suggest regular screening to find polyps before they become colon cancer.



## How to prevent colon cancer?

- Avoid cigarettes and cigarette smoke.
- Maintain a healthy weight.
- Be physically active.
- Limit alcohol use.
- Eat more fresh fruit and vegetables.
- Eat less red and processed meat (such as bacon, sausage, hot dogs or lunch meat).

## When should you get screened for colon cancer?

- Age 50-75 for most people.
- Younger if you have a family history of colon cancer or polyps.

## Why get screened for colon cancer?

- Often, there are no symptoms in the early stages of colon cancer.
- Screening can catch the disease earlier when it is easier to treat and survive.
- Certain screening tests can find and remove polyps before they become cancer.

**Talk to your health care provider about the best colon cancer screening option for you.**

- Colonoscopy
- Flexible sigmoidoscopy
- At-home stool tests (FOBT or FIT)

## Facts

- Cancer is the leading cause of death for American Indians.
- Colon cancer is the second leading cause of cancer death.
- Colon cancer rates of American Indians from the Northern Plains are 53% higher when compared to whites.
- 95% of colon cancer starts out as polyps.
- When caught early, over 90% of people with colon cancer will survive more than five years.

*You can stop colon cancer with screening.*

*If you have diabetes, you are at a higher risk for colon cancer.*

*Protect your future and get screened for colon cancer!*



**Call today and get screened!**

Call your health care provider to discuss your screening options.  
Call the number on the back of your insurance card to see what screening tests are covered.

**Be Aware. Take Action.**