Colorectal cancer is a disease where cancer cells form in the tissues of the colon or the rectum. Colorectal cancer screening helps prevent cancer and find cancer early, when it is easier to treat.

SCREENING RECOMMENDATIONS

Huntsman Cancer Institute recommends that adults should start screening for colorectal cancer at age 45.

There are a few ways to be screened:

**TESTS BY A DOCTOR**

A **colonoscopy** uses a camera to look for growths inside your colon. You do this screening at a clinic or hospital. It requires two days of preparation and recovery and is normally done every 10 years.

**TESTS AT HOME**

A **fecal immunochemical test (FIT) kit** looks for blood in your stool (poop). You do this test at home every year. There is no preparation or recovery.

A **DNA FIT** looks for colon cancer DNA in your stool (poop). You do this test at home every three years. There is no preparation or recovery.
PREVENTION TIPS

AVOID TOBACCO. Avoid all forms of tobacco, including cigarettes, e-cigarettes, vaping, and chewing tobacco.

BE PHYSICALLY ACTIVE. Exercise for at least 30 minutes each day.

GET SCREENED. Ask your health care provider which screening test is right for you.

LIMIT ALCOHOL CONSUMPTION. In excess, drinking alcohol can lead to an increased risk of colorectal cancer.

EAT HEALTHY FOOD. Diets high in fruits and vegetable and low in fats and red or processed meat can help prevent colorectal cancer.

KNOW YOUR RISK

Some factors may increase your risk of colorectal cancer and require starting screening earlier. Talk with your health care provider if any of the following are true:

- You are age 45 or older.
- You have a family history of colorectal cancer or colorectal polyps.
- You experience inflammatory bowel disease or Lynch Syndrome.

QUESTIONS?

1-888-424-2100
huntsmancancer.org/screening

05/2021