



# SCREENING OPTIONS FOR COLORECTAL CANCER: WHAT YOU NEED TO KNOW



## What is colon cancer?

The colon and rectum are parts of the digestive system. Colon cancer begins when cells that are not normal grow inside the colon or rectum.

Kentucky has the 4th highest rate of death from colon cancer in the nation. It is easier to prevent than most other cancers and is highly treatable. It is often curable when caught early.



## Who should be screened?

- If you are at average risk, start screening for colon cancer at age 45.
- If you are at a higher risk, you may need earlier screening. Talk with your provider if:
  - You or a close relative has had colon polyps or colon cancer.
  - You have an inflammatory bowel disease.



## When should you be screened?

The type of test that you choose and your risk for colorectal cancer determines how often you need to have a test done.

- Patients at average risk should have a colonoscopy done every 10 years.
- Cologuard should be done every 3 years.
- FIT Tests will need to be done every year.



## What are the different screenings?

UK HealthCare offers three types of colorectal cancer screening tests:

### Colonoscopy

- Your doctor can see and remove growths in the colon and rectum during this test to prevent or detect colorectal cancer.

### Cologuard and FIT Tests

- Provide a stool sample to test for blood
- If you get a positive Cologuard or FIT test, you will need to have a colonoscopy done.

*The information on this flyer is from the National Cancer Institute, the American Cancer Society, the Centers for Disease Control and Prevention, and Kentucky Public Health.*

*Depending on your risk for colorectal cancer, your provider may recommend different types of tests.*

*Talk to your primary care provider about which colorectal cancer screening is best for you.*