

# American Cancer Society

Stay Well. Get Well. Find Cures. Fight Back.



## American Cancer Society Colon Cancer Screening Guidelines for Patients at Average Risk

### Age 50 and older:

#### Tests that find polyps and cancer:

- flexible sigmoidoscopy every 5 years or
- double contrast barium enema every 5 years or
- CT colonography (virtual colonoscopy) every 5 years or
- colonoscopy every 10 years

#### Tests that mainly find cancer:

- fecal occult blood test every year or
- fecal immunochemical test every year or
- stool DNA test (talk with your doctor about frequency)

## Help Your Patients Get Tested for Colon Cancer

You know that early detection finds cancer when it's most treatable. And colon cancer is one of only two cancers that can actually be prevented. Yet it remains the third leading cause of cancer death for men and women.

Overall, colon cancer rates have declined rapidly in both men and women in the past two decades, due in part to early detection and removal of precancerous polyps. However, only half of the U.S. population aged 50 and older have been tested.

With your help, we can save more lives. Encourage your patients to get tested for colon cancer and increase their odds to celebrate more birthdays, year after year.

Click on this button to access Society resources for health professionals.

### Resources

You play the most important role in getting people screened for colon cancer. If your patients don't hear about screening from you, they may not think they need it. Our clear, concise materials can help you explain tests to patients.

### Materials

March is Colon Cancer Awareness Month. Make this the month you and your patients take action against colon cancer. For more information, visit the Society at [cancer.org](http://cancer.org) or [cancer.org/espaol](http://cancer.org/espaol) or call 1-800-227-2345.

## American Cancer Society Programs and Services

**Cancer.org and 1-800-227-2345** — Call toll free or visit online 24 hours a day, seven days a week for information and support. Spanish-speaking information specialists are available. Translation services in other languages are available by appointment. Select online content is available in Spanish and in Asian languages.

**Research** — Nationwide, the Society is currently funding 114 multi-year grants in colon and rectal cancer totaling \$76 million; \$5.6 million is in the High Plains Division.

Research has shown that a healthy lifestyle can reduce colon cancer risk. The Society recommends avoiding tobacco products; engaging in at least 30 minutes physical activity five or more days a week; consuming a healthy daily diet with five or more servings of vegetables and fruits; consuming whole grains; limiting alcohol; limiting processed and red meats; and controlling portion sizes.



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