

DO IT FOR YOU. DO IT FOR THE PEOPLE WHO CARE ABOUT YOU. COLON CANCER SCREENING & PREVENTION

Preventable, Treatable, and Beatable

- Colorectal cancer (also called colon cancer) is the second-leading cause of cancer death in the US, but it doesn't have to be.
- With screening and early detection, colon cancer is highly curable and often preventable.

Who Is At Risk?

- Colon cancer occurs in men, women, and people of all genders.
- Most colon cancers occur in persons age 45 and older. However, younger people can also get this disease.

When To Get Screened

- If you are at average risk, you need to start getting screened for colon cancer at age 45.
- If you have certain risk factors (such as having a personal or family history of colorectal polyps or cancer; or having inflammatory bowel disease), you may be at increased risk and need to start getting screened at an even younger age. Talk to your doctor about whether you need to start screening at a younger age.

Screening Options

Several tests are recommended as options for colon cancer screening. Please discuss with your doctor which one of these tests is right for you:

- Colonoscopy every 10 years
- Fecal immunochemical test (aka FIT) every year
- Multi-target stool DNA test (aka Cologuard) every 3 years
- CT colonography every 5 years

Do Not Wait for Symptoms

- Often, pre-cancerous polyps and early cancers of the colon and rectum cause no symptoms.
- This is why it is vital to get screened BEFORE you have symptoms.

Symptoms of Colon Cancer

Colon polyps and early colon cancers often cause no symptoms. Some symptoms of colon cancer may include:

- Rectal bleeding or blood in the stool
- Change in bowel habits
- Narrowing of the stool
- Abdominal (belly) pain
- Unexplained fatigue
- Unexplained weight loss

These symptoms may indicate potential colon cancer or another condition. If you do have any of these symptoms (no matter what your age), please see your doctor promptly for evaluation and treatment.

Get Screened

Please schedule your colon cancer screening today.

Get More Information

Call **212-731-6234** or email myhealth@nyulangone.org to speak to a Nurse Practitioner (NP) to learn more about colon cancer screening.

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