



Colorectal Cancer Screening

Colorectal cancer (also known as colon cancer) occurs when abnormal growths called polyps in the colon or rectum become cancerous.

The best way to prevent colorectal cancer is to get screened. Getting a colorectal cancer screening helps detect the polyps that lead to colorectal cancer early when treatment works the best. Polyps may not cause any symptoms early on, so don't wait for symptoms to arise before you get tested.

Everyone between the ages of 45 and 75 should talk to their doctor about being screened for colorectal cancer. Some people younger than 45 should also be screened, including:

- If you or a family member have had colorectal cancer or polyps
- If you or a family member have had inflammatory bowel disease (IBD), including Crohn's disease or ulcerative colitis.
- If you or a family member have a genetic syndrome, such as familial adenomatous polyposis (FAP) or Lynch Syndrome

There are many ways to have a colorectal cancer screening. Some of these include:

- Fecal immunochemical test (FIT) or fecal occult blood test (FOBT) that you do at home by sending a stool sample to a lab
- Colonoscopy
- Flexible sigmoidoscopy

If you don't have health insurance, you may still be able to get a colorectal cancer screening. Talk to your Sun River Health doctor to find out what options are available.

The care you need. The respect you deserve.

844.400.1975 | sunriver.org