



# Get Screened

## Reduce Your Colorectal Cancer Risk



Colorectal cancer can be life-threatening if it's not detected early. Getting regular screenings is the most important thing you can do to stay proactive about your colon health and lessen your risk of colorectal cancer. Review the chart and plan when you or your family should get screened.

### Who should be screened

### When

All men and women	Begin regular screenings at age 50, if not earlier.
People with family history	Consider screening early at age 40 or 10 years before the youngest case in your immediate family, whichever is earlier.
Those exhibiting signs & symptoms	Regardless of age or family history, you should be screened at first sign of symptoms.

**If you are at risk of colorectal cancer, be sure to add screenings to your Health Action Plan**

## Screening Methods

Screening is the number one way you can reduce your risk of colorectal cancer. From colonoscopy to at-home stool tests, there's an option for everyone. Screenings for colorectal cancer are divided into two categories:

### Stool-based tests

These tests check the stool for signs of cancer and are less invasive, but need to be done more often:

- Fecal immunochemical test (FIT)
- Guaiac-based fecal occult blood test (gFOBT)
- Stool DNA test

### Visual (structural) exams

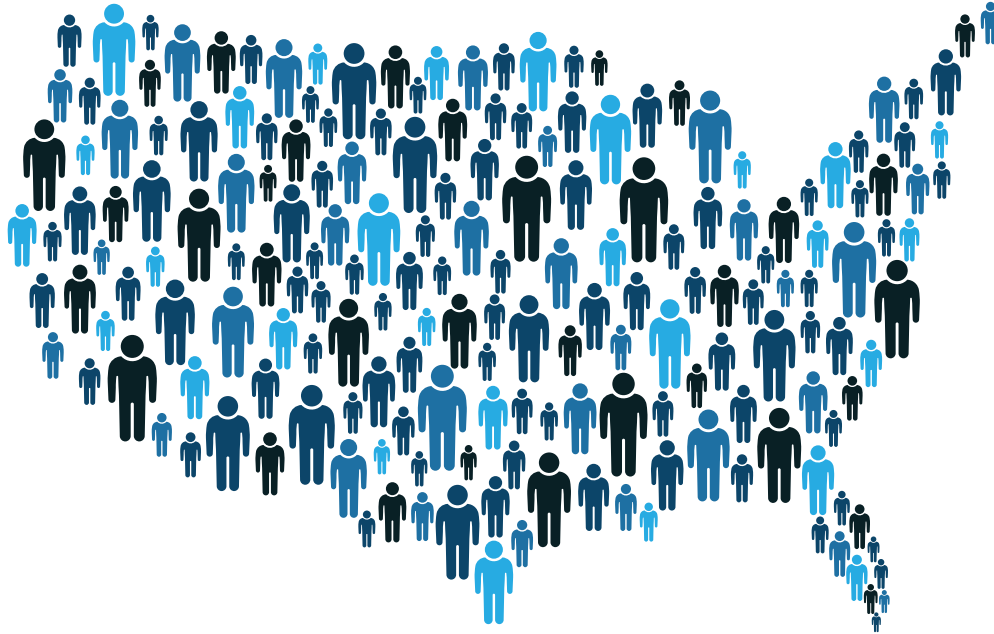
These tests examine the structure of the colon and rectum for any abnormal areas. This is done either with a scope placed in the rectum or with special imaging tests:

- Colonoscopy
- CT colonography (virtual colonoscopy)
- Flexible sigmoidoscopy



[Click here](#) to learn the pros and cons of colorectal cancer screening methods, and be sure to discuss your screening needs with your primary care physician. Routine colonoscopies by approved providers are usually fully covered. Contact Blue Cross Blue Shield customer service to discuss your benefits for specific tests.

# Colorectal Cancer: Are You at Risk?



Every year, more than **140,000** people are diagnosed with colorectal cancer.



## Who is at Risk?

- Those with a **family history of colorectal cancer** are two to three times more likely to develop colorectal cancer.
- **The highest incidence and mortality rates for colorectal cancer** in the United States, belong to **African Americans**.
- **Everyone**. 1 in 22 men and 1 in 24 women will be diagnosed with colorectal cancer in their lifetime.
- **People Age 20-49**. 1 in 10 people are diagnosed before age 50 and this number is on the rise.

## Go Blue Every Friday!

## March is National Colorectal Cancer Awareness Month

Taking part in National Colorectal Cancer Awareness Month is as simple as wearing blue to show your support. Wear blue every Friday in March to bring awareness to colorectal cancer, remind others to get screened, and to honor all who are impacted by the disease.

1. **Wear blue** on your own or coordinate with your colleagues
2. **Snap a photo** of you and your team participating in 'go blue' month with the support sign below.
3. **Share on Facebook** to spread awareness and support patients and their families through the MyHealth Connections Facebook community

I Wear Blue  
For  
Colorectal  
Cancer  
Awareness

