

Protect yourself from Colon Cancer.

If you are 45 or older, you should start getting screened for Colorectal Cancer.

Screening starting at age 45 is recommended for average risk individuals.

Did you know?

Colon cancer (also called colorectal cancer) is the **second leading cause of cancer-related deaths** in the United States among men and women combined.

How to get screened for Colon Cancer:

These tests are **FREE** for CenCal Health members.



Several tests can be used to screen for colorectal cancer. The two types are:

1 Stool Tests

These tests check the stool (feces) for signs of cancer.

This test can be done in your own home with a kit you get from your doctor's office.

2 Visual Exams

Visual exams such as colonoscopy look at the inside of the colon and rectum for polyps (growths) or cancer.

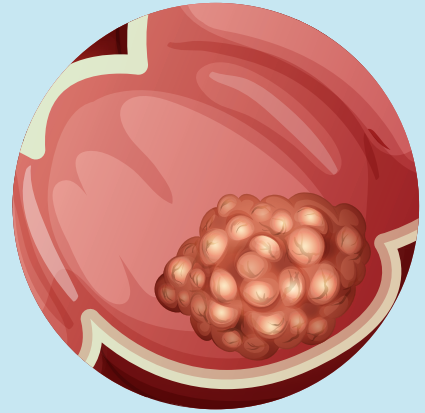
If you choose to be screened with a test other than colonoscopy, any positive test result should be followed up with a colonoscopy.

No matter which test you choose, the most important thing is to get screened regularly. Speak with your Primary Care Provider (PCP) to learn about the different types of tests.

You can prevent colon cancer by getting screened.

Colon cancer starts with an abnormal growth (polyp) in the colon or rectum.

- With regular screening, most polyps can be found and removed before they have the chance to turn into cancer.
- Screening can also find cancer early, when it is smaller and easier to treat.
- If you are 45-75 years old, regular screening is the best way to protect yourself from colorectal cancer.



If you are between the ages of 76-85, contact your doctor to see if screening is right for you.



You should get screened for colon cancer even if you feel fine.

Most people with colon cancer do not have symptoms.

Call your doctor today!



To see if you qualify for **free transportation** to your appointment, call CenCal Health's Member Services department toll-free at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711), Monday - Friday, 8 a.m. - 5 p.m. or Ventura Transit Systems at (855) 659-4600.



For access to our **online health education library** with information, tools, and resources for preventive care and healthy lifestyles, visit www.cencalhealth.org and click on "Health and Wellness."



To **speak with a Health Educator** at CenCal Health, please call 1-800-421-2560 ext. 3126. Leave a voicemail with your request for support or information, and we will call you back as soon as possible. You can also request health education materials through your Member Portal account at qrco.de/CCHmemberportal.