

Get tested for colon cancer

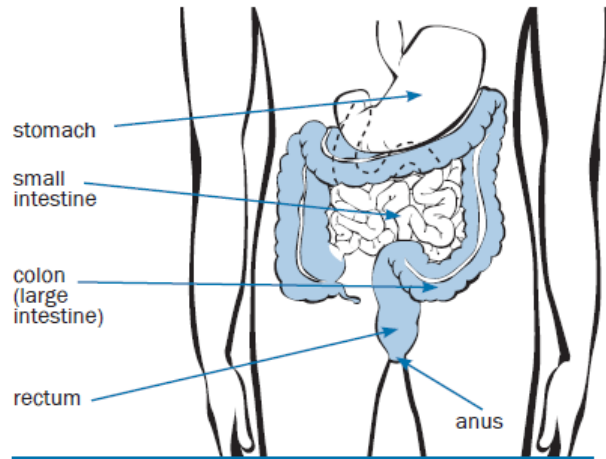


Photo: U.S. Dept of Health and Human Services Centers for Disease Control and Prevention



What is colon cancer?

Colon cancer is also called colorectal cancer. It's cancer in the colon or rectum.

Who is at risk for getting colon cancer?

Women and men 50 years or older are at higher risk for colon cancer.

There are often no early signs of colon cancer. This is why it's important to get tested.

What are my choices for testing?

You can do a **FIT Test** or a **colonoscopy**.

FIT Test

- A test you can do at home once a year.
- You take a sample of your stool (poop) and send it to a lab to be tested.
- FIT tests look for blood in your stool. Blood may be a sign of cancer.

Colonoscopy

- A test your doctor does at least once every 10 years.
- Your doctor uses a tube to check for polyps. Polyps are growths that can turn into cancer over time.

Talk to your CHN provider about which test is best for you.

