

## 2 Talk with your doctor

Your physician can help you make an informed decision about the best testing method for you.

## 3 Get tested

The American Cancer Society recommends one of these five testing options for all people beginning at age 50.

- Yearly fecal occult blood test (FOBT)
- Flexible sigmoidoscopy every five years
- Yearly FOBT *and* flexible sigmoidoscopy every five years (preferred over either option alone)
- Double contrast barium enema every five years
- Colonoscopy every 10 years

For more information about colon cancer and how you can prevent it or stop it early, contact your American Cancer Society. If you or someone you love has been touched by this disease, we can help.

1.800.ACS.2345  
[www.cancer.org](http://www.cancer.org)

Hope.Progress.Answers.®



**colon cancer.**

get the test.

get the polyp.

get the cure.

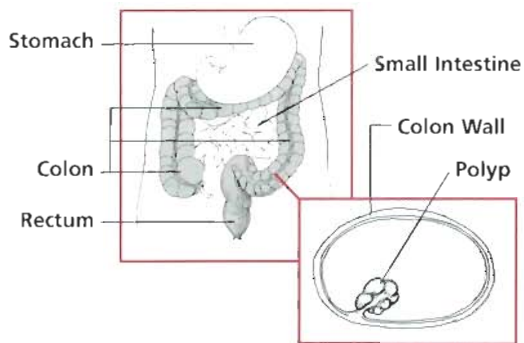


# Get the polyp early and stop colon cancer before it starts!

Colon cancer almost always starts with a polyp. Get the polyp early and stop colon cancer before it starts. That's for both men and women.

## What's a polyp?

Colon polyps are small growths on the lining of the colon or rectum, parts of the digestive tract.



## How important is testing?

Testing can save lives by finding polyps before they become cancerous. If pre-cancerous polyps are removed, colon cancer can be prevented. And if this disease is found and treated at an early stage, the five-year survival rate is 90 percent.

## How to Stop Polyps - Before They Go Bad

### 1 Know your risk

Personal risk for colon cancer varies. Can you answer yes to any of the following questions?

- Are you 50 or older?
- Are you of African American or Ashkenazi Jewish heritage?
- Has a doctor ever told you that you have inflammatory bowel disease, ulcerative colitis, or Crohn's disease?
- Has one of your parents or your brother, sister, or child had colon cancer or colon polyps?
- Do you smoke or use other tobacco products?
- Are you physically inactive - not getting regular exercise?
- Do you often eat red meat?

If you answered yes to any of these questions, you are at increased risk for colon cancer.

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