



You are overdue for colorectal cancer screening. Please review this handout for discussion during today's visit

COLORECTAL CANCER SCREENING: YOUR HEALTH, YOUR CHOICE

KNOW THE FACTS

- 3rd most common cancer*
- The lifetime risk of developing colorectal cancer is about 1 in 23 for men and 1 in 25 for women**
- Silent but Dangerous: Sometimes presents without symptoms, making regular screening important
- Caused by abnormal growths called polyps or adenomas

DID YOU KNOW THAT IF CAUGHT EARLY, IT IS HIGHLY TREATABLE AND CURABLE?

Yes

No

UNDERSTAND THE RISKS

- 45 years or older
- Family history of colon cancer or endometrial cancer
- Personal history of Polyps, Inflammatory Bowel Disease (Ulcerative Colitis/ Crohn's disease), Ovarian cancer, endometrial or colon cancer syndromes
- Anemia, rectal bleeding, abdominal pain, or weight loss

If any of these apply to you, you are at **risk** for colon cancer. Please discuss screening with your provider today.



EXPLORE SCREENING OPTIONS

- Colonoscopy (Preferred): A one step test that examines your colon and rectum for abnormal growths. The doctor can remove polyps during the procedure to prevent cancer.
- Stool based tests: If positive, will need a colonoscopy to diagnose any problems. These are two-step tests.

KNOW YOUR SCREENING OPTIONS



Gold Standard

Colonoscopy is the **ONLY** test that can detect, prevent and treat Colorectal cancer.



COLONOSCOPY

- It is a one step test that examines your colon and rectum for abnormal growths called Polyps.
- Your doctor can remove polyps during the procedure to prevent cancer
- Patients take this test at a medical facility under sedation. If normal, it needs to be repeated every 10 years.

Other Stool-Based Tests

Fecal Immunochemical Test (FIT)

- This is a 2 step test that looks for blood traces in stool.
- If positive, a colonoscopy is needed to diagnose any issues. If negative, repeat in 1 year.
- This is an at home test that you will receive at the facility today.

Mt-sDNA (Cologuard)

- This is a 2 step test that looks for blood traces and abnormal DNA in stool.
- If positive, you will need a colonoscopy to diagnose any problems. If negative, repeat in 3 years.
- This is an at home test that is mailed directly to your home

Scan the QR codes below to watch quick videos and learn more about the tests:



Colonoscopy



FIT



Cologuard

For more information please call: 718-250-6423

Which test would you prefer?

Colonoscopy FIT Cologuard
(Gold Standard)

If not Colonoscopy, why?

- Religious beliefs
- Lack of escort
- Preparation for the procedure
- Fear related to the procedure
- Need to know more about the procedure
- Lack of time
- Prefer to discuss with family first

Other: _____

