



March is Colorectal Cancer Awareness Month

GET SCREENED!

START SCREENING AT AGE 40 OR EARLIER

A family history of polyps or colon cancer could increase your chances of developing it.

We recommend you get screened by colonoscopy at age 40

or **10** years younger than your relative's age when they were diagnosed.

Remember:

A colonoscopy is the only test where a doctor can check the entire colon and remove any polyps to prevent cancer.

LEARN YOUR FAMILY HISTORY

To determine when you should start screening, ask your family members if they have a history of colorectal cancer, polyps, or hereditary conditions.

You can ask:

any 1st degree relative (**parent, child, sibling**) and/or multiple 2nd degree relatives (**grandparent, aunt, uncle, cousin**)

START SCREENING AT AGE 45

Don't wait! On-time screening is critical for your prevention plan.

You have options for screening.

Colonoscopy
OR take-home stool tests like Cologuard or FIT

Remember:

If you ever begin to have symptoms of colon cancer, schedule a colonoscopy immediately.

This information was collected from the Colon Cancer Prevention Project.



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