

Women should make colon cancer screenings as much a part of their regular health care as mammograms and PAP tests. So add this to your list of health care to-dos! Talk to your OB-GYN about screening recommendations based on your personal and family history and encourage your friends and family to schedule a screening if they are due for one. Together we can conquer this deadly disease.

The Campaign to **Stop Colon Cancer Now** aims to increase regular screenings for those at risk, including:

- Anyone 50 and older
- People who have a family history of polyps or colon or rectal cancer
- African-Americans who are 45 and older



StopColonCancerNow.com



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1-877-706-SCCN

**YOU HAVE THE
POWER TO PREVENT
COLON CANCER!**



Did you know colon cancer kills just as many women as ovarian, cervical and uterine cancers combined?

Visit StopColonCancerNow.com to learn why.



Facts on Colon Cancer

- ✿ Colon cancer is more than 90 percent preventable through regular screening.
- ✿ The risk of a person having colon cancer in their lifetime is about 1 in 19.
- ✿ In its early stages, colon cancer generally has no symptoms and provides no warning.
- ✿ Later in the cancer's development, symptoms such as stool changes, rectal bleeding, abdominal pain and unexplained weight loss can all be possible signs of colon cancer.
- ✿ Once symptoms begin to develop, it may be a sign of more advanced disease, which carries reduced survival rates.
- ✿ Physicians are unsure of what causes colon cancer, but some risk factors have been identified:
 - High-fat diet
 - Diabetes
 - Smoking
 - Alcohol use
 - Ulcerative colitis
 - Crohn's disease
- ✿ Almost 75 percent of colon cancer cases have no prior family history and most have no symptoms.
- ✿ Colon cancer indiscriminately affects people regardless of race, sex, economic status or geography.

Facts on a Colonoscopy

- ✿ There are several screening options for colon cancer, however a colonoscopy is considered the most accurate.
- ✿ A colonoscopy is a visual examination of the entire colon using a lighted, flexible endoscope. During this painless procedure, precancerous growths called polyps can be detected and removed, thereby preventing the development of cancer.
- ✿ Most insurance plans, as well as Medicare, cover a colonoscopy. Co-pay amounts, if required, will vary by plan.

YOU CAN STOP COLON CANCER NOW

Screening equals prevention. Join the Campaign to Stop Colon Cancer Now by visiting StopColonCancerNow.com and find out how to:

Take the Stop Colon Cancer Now pledge, promising to educate yourself and your loved ones about colon cancer and schedule a colonoscopy if you are at risk

Find an outpatient screening center or doctor near you

For every pledge completed, the campaign will make a donation to colon cancer prevention charities