

Health Bulletin

Prevent Colorectal Cancer

(NAPSA)—Did you know that more than 90 percent of colorectal cancer is preventable? Colorectal cancer is the nation's second leading killer among cancers, but many of these deaths could be avoided. Colorectal cancer develops from polyps—grape-like growths that can be found on the lining of the colon and rectum. Removing these polyps can prevent colorectal cancer from ever occurring. Colorectal cancer screening tests can detect these polyps and save your life!



Preventable. Treatable. Beatable!

Founded by the Cancer Research Foundation of America



An equal number of men and women get colorectal cancer each year. All men and women aged 50 and older are at risk for this disease and should be screened regularly for colorectal cancer—90 percent of cases occur after age 50.

There are currently four widely used tests: fecal occult blood test; flexible sigmoidoscopy; colonoscopy and double contrast barium enema. A yearly fecal occult blood test can be done at home. A sigmoidoscopy, colonoscopy or barium enema needs to be conducted only once every five to ten years if your results are normal. Talk to your health care provider today.

March is National Colorectal Cancer Awareness Month. You can visit the month's Web site year-round at www.preventcancer.org/colorectal to learn more about this preventable disease.