

# You Can Beat Colon Cancer

No one has to die from colon cancer. Many Americans do not realize that it is one of the most preventable types of cancer.

If you are age 50 or older, you are at risk. You may have the disease and not know it – even if you don't have a family history of colon cancer. Colon cancer testing can save your life. And if your relatives have had colon cancer, testing is even more important.

Flip this card over and take a look at your colon cancer testing options. ⇨



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For more information about colon cancer prevention, talk to your doctor, call the American Cancer Society at 1.800.227.2345, or visit [cancer.org](http://cancer.org).

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The following tests are options for the early detection of colon cancer and adenomatous polyps (polyps that have the potential to change into cancer) for asymptomatic adults aged 50 years and older:

#### Tests That Detect Adenomatous Polyps and Cancer

- Flexible sigmoidoscopy every 5 years, or
- Colonoscopy every 10 years, or
- Double contrast barium enema (DCBE) every 5 years, or
- CT colonography (CTC) every 5 years.

#### Tests That Primarily Detect Cancer

- Annual guaiac-based fecal occult blood test (gFOBT) with high test sensitivity for cancer, or
- Annual fecal immunochemical test (FIT) with high test sensitivity for cancer, or
- Stool DNA test (sDNA), with high sensitivity for cancer, interval uncertain.

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