



# is the new 50!

**Colon cancer is the fourth most diagnosed cancer in Nebraska. Regular screening, beginning at age 45, is the key to preventing colon cancer.**

### **Are you 45 or older?**

If so, you are eligible to take FIT, an easy-to-use stool test that can be done in the privacy of your home.

### **What is a Fecal Immunochemical Test (FIT)?:**

- Stool Test
- Effective
- Easy to do (5 minutes or less in your home)
- No liquids/prep to drink
- No needles
- No special changes to diet or medication

To get your **FREE** kit call Nebraska Department of Health and Human Services' Women's and Men's Health Program at 800-532-2227 or you can call your local health department.

**It's time to get your preventive cancer screenings so that you can be there for your loved ones.**



**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES