

Act today to lower your risk of Colorectal Cancer

1. Get screened. If you are 45 or older, talk to your provider about the best test for you.
2. Get regular exercise.
3. Maintain a healthy weight.
4. Eat a low-fat diet.
5. Eat at least 5 servings of fruits and vegetables a day.
6. Avoid or lower your alcohol use.



Look for Symptoms of Colorectal Cancer:

- Change in bowel habits.
- Rectal bleeding or blood in stools.
- Stools thinner than usual.
- Bloating, fullness, or cramps.
- Diarrhea, constipation, or feeling of bowel not completely empty.
- Lower energy or feeling tired all the time.
- Vomiting.

Tests that find pre-cancer and cancer growths:

Colonoscopy
Virtual Colonoscopy
Flexible Sigmoidoscopy

Stool-based tests to find cancer:

Guaiac fecal occult Blood (gFOB)
Fecal Immunochemical Test (FIT)
FIT DNA or Stool DNA

How often do I need to test:

Every 10 years
Every 5 years
Every 5 years

Every year
Every Year
Every 3 years

**Many Insurance plans and Medicare help pay for screening.
If you do not have insurance, we may be able to help.**

**Schedule your
screening today:**

**Call our screening nurse navigator to
learn more 302-623-4661.
Or use this QR code to learn more about
your risk for colorectal cancer.**

