



**BlueCross BlueShield
of Illinois**

Beat colorectal cancer by finding it early



Routine testing can be a helpful tool in the fight against colorectal cancer.

Polyps found in the colon can take up to 15 years to grow into cancer. Screenings can help doctors find these polyps and remove them. It is key to remove polyps before they grow into cancer.

Colorectal cancer is the leading cause of cancer death for men and women in the U.S. But, this rate has been dropping for many years, partly due to more frequent testing.

One of the screening choices to review with your doctor is a colonoscopy. This test uses a bendable lighted tube with a small camera attached. It looks at the colon and the rectum. But there are many choices for screening. Your doctor can review each choice with you.

Along with routine screenings, there are other changes that may help lower your chance of getting colorectal cancer.

- Maintain a healthy weight
- Exercise and stay active
- Eat less red meat and processed meat
- Eat more fruits and veggies
- Avoid excess alcohol

Screenings can find cancer early before it spreads. You can even prevent it with routine screening. Talk to your doctor today about scheduling the right screening for you.

Source: American Cancer Society

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