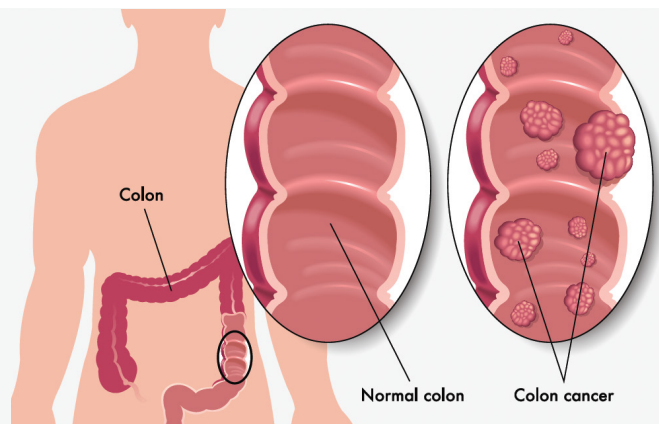


# Colorectal cancer screening: Your health, your choice

## What is colorectal cancer (CRC)?

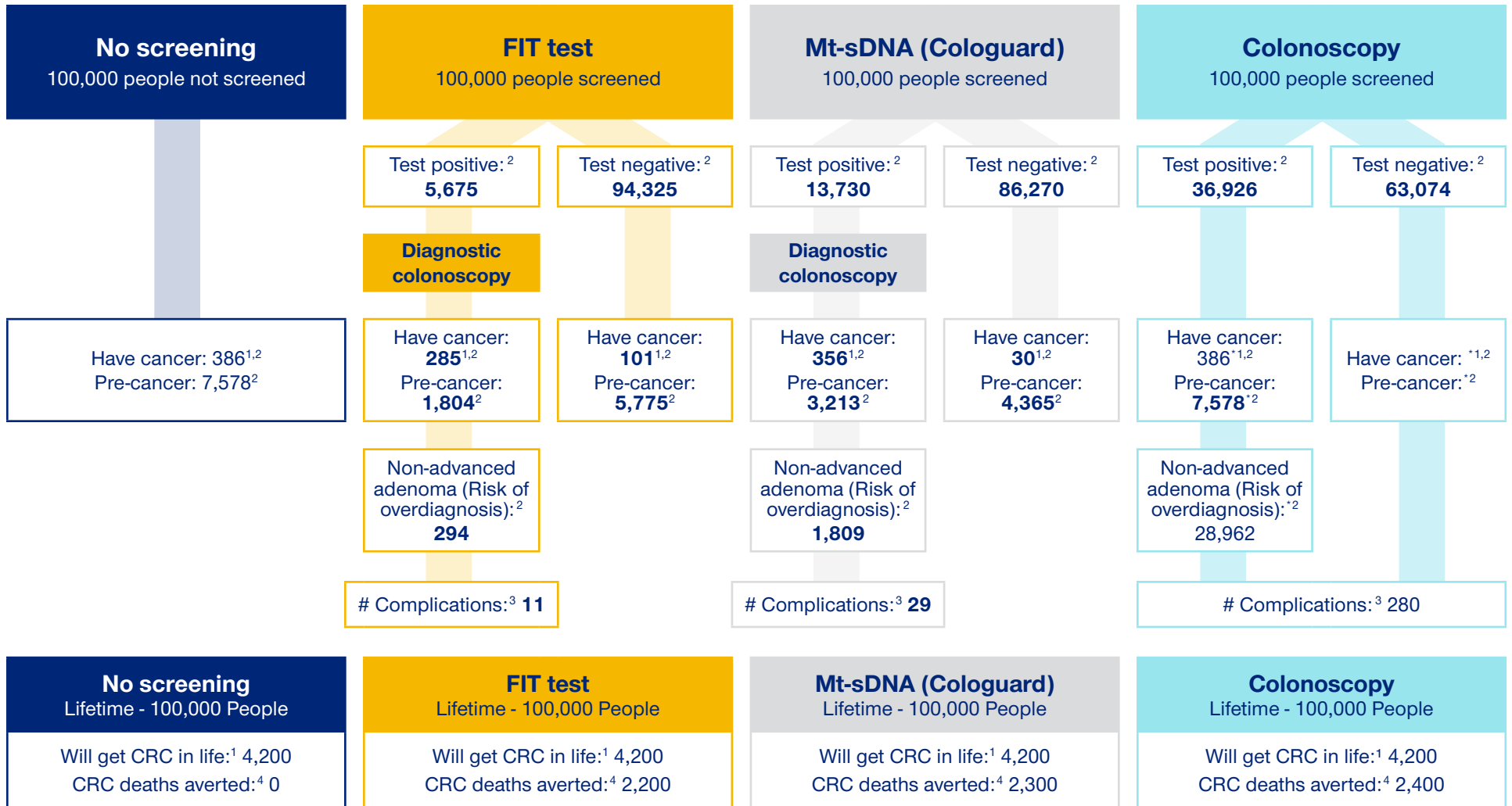
- The fourth most common cancer in the U.S.<sup>1</sup>
- The second most common cause of cancer-related death in the U.S.
- Caused by abnormal growths called polyp
- Some polyps are harmless—some, called adenomas, can become cancerous
- Screening looks for these polyps or the traces that they leave in your stool



## U.S. Preventive Services Task Force recommends you get screened for CRC

	FIT test	Mt-sDNA (Cologuard)	Colonoscopy
What is it?	Looks for blood traces in stool	Looks for blood traces and abnormal DNA in stool	Looks for polyps
How?	Tests a small sample of your stool	Tests a small sample of your stool	Inserting a scope into your rectum and colon
Where?	At home	At home	At a medical facility under sedation
How often?	Yearly	Every 3 years	Every 10 years
What if my test is positive?	A closer look with a colonoscopy	A closer look with a colonoscopy	Remove and biopsy the polyps
Any prep?	None	None	Full bowel prep including fasting and laxatives
Time it takes?	Very little	Very little	Plan to take the day off from chores and activities
Cost?	None to you – covered by insurance	None to you – covered by insurance	At no additional cost to you covered by insurance*

\*Under federal law, your options for preventive colon cancer screening are completely covered by insurance in most cases. Check with your insurance provider to understand what (if any) costs you should expect to pay.



**Your choice:**  FIT test  Mt-sDNA (Cologuard)  Colonoscopy  No screen

\*Calculations for colonoscopy assume no cancers are missed. Colonoscopy results depend on the provider performing the procedure and the quality of the bowel preparation. Therefore, the colonoscopy may miss some cancers and polyps.

<sup>1</sup> SEER <https://seer.cancer.gov/statfacts/html/colorect.html> Based on data published by the National Cancer Institute Surveillance, Epidemiology, and End Results Program at <https://seer.cancer.gov/statfacts/html/colorect.html> as of October 2019

<sup>2</sup> DeeP-C Study <https://www.nejm.org/doi/full/10.1056/nejmoa1311194> Based on study data published in the New England Journal of Medicine at <https://www.nejm.org/doi/full/10.1056/nejmoa1311194> as of April 2014

<sup>3</sup> USPSTF (study by ACP) <https://annals.org/aim/fullarticle/743563/screening-colorectal-cancer-targeted-updated-systematic-review-u-s-preventive> Based on data published by the American College of Physicians at <https://annals.org/aim/fullarticle/743563/screening-colorectal-cancer-targeted-updated-systematic-review-u-s-preventive> as of November 2008

<sup>4</sup> USPSTF <https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/colorectal-cancer-screening2#fig> Based on final recommendation from U.S. Preventive Services Task Force at <https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/colorectal-cancer-screening2#fig> as of June 2016