

## Colorectal Cancer Screening: What Are Your Options?

### Once a Year:

#### Fecal Immunochemical Test (FIT)

*This test detects blood in the stool. Your doctor can provide you a kit you can easily do at home. If the test is positive, a colonoscopy can be ordered as a follow-up.*

#### To learn more, visit:

[www.tinyurl.com/FITtesting](http://www.tinyurl.com/FITtesting)

**OR**

#### Every 10 Years: Colonoscopy

*Your doctor will use a thin, flexible camera to check for polyps (little growths in the colon that could grow into tumors). The polyps are then removed.*

#### To learn more, visit:

[www.tinyurl.com/ColoTesting](http://www.tinyurl.com/ColoTesting)

#### Choose the test that is best for you!

*Ask your doctor for more screening options.*

## Insurance Coverage

The Affordable Care Act (Obamacare) ensures coverage for colorectal cancer screening. Medicare also covers some of the screening costs.

For help getting health insurance, visit:

[www.coveredca.com](http://www.coveredca.com)

For help getting healthcare without insurance, visit:

[www.operationaccess.org](http://www.operationaccess.org)

# Are you over the age of 50?



## Getting screened for colorectal cancer can save your life.



#### Partnerships and Acknowledgments

Asian American Research Center on Health  
Chinese Community Health Resource Center  
India Community Center  
Bay Area Bangladeshi Association

## What Is Colorectal Cancer?

Colorectal cancer includes any type of cancer that is found in your lower intestines. Most colorectal cancers begin as a growth called a *polyp*, which occurs on the inner lining of the colon or rectum. Polyps can grow into tumors.

**1 in 20 people develop colorectal cancer in their lifetime.**

To learn more about colorectal cancer, visit:  
[www.cancer.org/cancer/colonandrectumcancer](http://www.cancer.org/cancer/colonandrectumcancer)  
[www.tinyurl.com/KaiserCRC](http://www.tinyurl.com/KaiserCRC)

*If colorectal cancer is detected early through screening, it is highly curable.*

## Get screened TODAY to stay healthy for your family!



## You can lower your risk of colorectal cancer by:

- Increasing daily physical activity
- Eating more fruits and vegetables
- Limiting red and processed meats
- Getting the recommended levels of calcium and Vitamin D
- Avoiding smoking and excess alcohol

## What do doctors have to say about colorectal cancer screening?

“Obesity increases the risk of developing colon cancer. **Regular exercise and increased physical activity** is important to lower your risk.”

~ Aparajita Singh, M.D., UCSF

“Make sure to share your **family history** with your physician. We can **personalize your screening to make sure we prevent cancer.**”

~ Latha Palaniappan, M.D., Stanford University

“If colorectal cancer is **detected early**, it is **curable**. Please get started and get screened with the **FIT stool test.**”

~ Suhaila Khan, M.D., National Council of Asian Pacific Islander Physicians

