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

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

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

For help getting healthcare without insurance, visit: www.operationaccess.org

Are you over the age of 50?

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

For help getting healthcare without insurance, visit: www.operationaccess.org

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
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 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
www.tinyurl.com/KaiserCRC

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

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