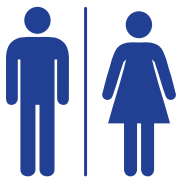


# Regular screening may save your life.

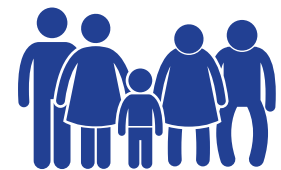
## Learn the facts about colorectal cancer

**Colorectal cancer is the third most common cancer in both men and women**



**1 in 23 men** will develop colon cancer in their lifetime  
**1 in 25 women** will develop colon cancer in their lifetime

Most colorectal cancers are found in **people without a family history of this cancer**



**Unhealthy diet and sedentary lifestyle choices increase the risk** for developing colon cancer

Men and women at average risk should **begin screening at age 45**



Screening tests include stool tests that can be done at home and visual tests

**The most common test that looks at the colon is a colonoscopy which is generally done every 10 years.** With this test the doctor can see and remove pre-cancers, called polyps. Removing these polyps reduces the risk of a cancer developing in the future.



Talk with your doctor about your colorectal cancer risk, and what screening plan is right for you.