WHAT IS COLORECTAL CANCER?

Colorectal cancer is cancer that occurs in the colon or rectum.

DID YOU KNOW?

Colorectal cancer is the third most common cancer in men and women in the U.S.

SCREENING IS KEY

Colorectal cancer is one of only two cancers that can be prevented through screening. Several non-invasive screening tests are available that can find precancerous changes in stool, tissues, blood, and genes.

Health care providers recommend routine screening starting at age 45, or earlier if you are at higher risk.

WAYS TO LOWER YOUR RISK

- Quit smoking
- Keep a healthy weight
- Limit alcohol
- Stay active

For more information on health equity, visit www.fda.gov/healthequity.
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### COLORECTAL CANCER SCREENING TESTS

**FOR AVERAGE-RISK PATIENTS**

**YOU HAVE OPTIONS**

<table>
<thead>
<tr>
<th>What type of test?</th>
<th>What's involved?</th>
<th>How often should I get this test?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colonoscopy</td>
<td>A thin tube with a light, camera, and tools is placed into the rectum and colon</td>
<td>Every 10 years</td>
</tr>
<tr>
<td>Flexible Sigmoidoscopy</td>
<td>A thin tube with a light, camera, and tools is placed into the rectum and lower colon</td>
<td>Every 5 years</td>
</tr>
<tr>
<td>Virtual Colonoscopy</td>
<td>X-rays are used to take pictures of the colon</td>
<td>Every 5 years</td>
</tr>
<tr>
<td>Stool DNA Test</td>
<td>A stool sample</td>
<td>Every 3 years</td>
</tr>
<tr>
<td>Fecal Blood Test (gFOBT, FIT)</td>
<td>A stool sample</td>
<td>Yearly</td>
</tr>
<tr>
<td>Blood Test</td>
<td>A blood sample</td>
<td>Yearly</td>
</tr>
</tbody>
</table>

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