

Colorectal Cancer

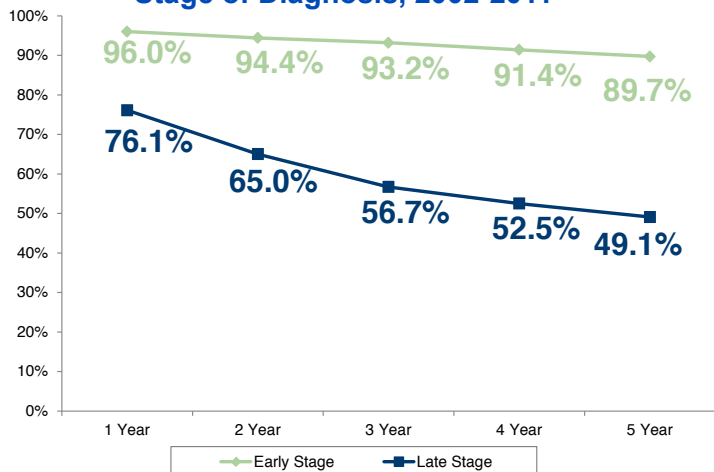
Key Messages

- Colorectal cancer is preventable, treatable, beatable.¹
- Men and women aged 50 and older should get a colonoscopy every 10 years.²
- Colorectal cancer is the 2nd leading cause of cancer deaths in Utah for both men and women.
- There are no early warning signs of colorectal cancer. Symptoms usually occur late in the disease.³
- As required by the Affordable Care Act, most health insurance plans cover colonoscopies and other preventive services at no charge to the patient.⁴

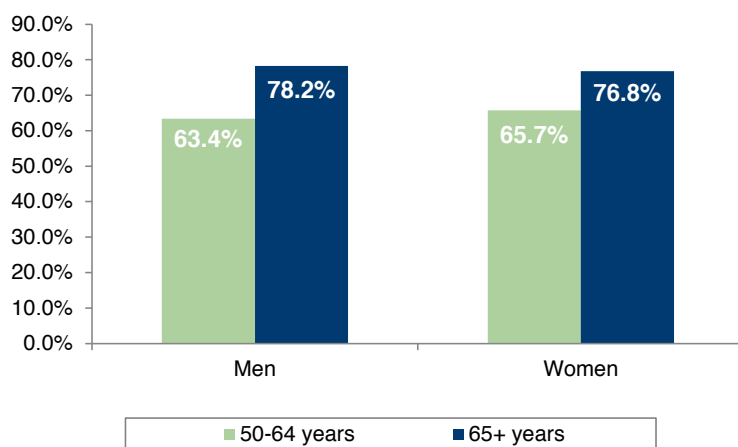
Data

- In 2012, 70.2% of Utah adults aged 50+ completed the recommended screening.⁶
- Utah's recommended colorectal cancer screening rates were significantly higher than the U.S. in 2012 (70.2% and 67.4%, respectively).⁶
- Recommended colorectal cancer screening rates have increased significantly since 2010.⁶
- Utah men and women aged 65+ had a higher percentage of completed recommended testing than those aged 50-64.⁶

Five-year Colorectal Cancer Survival by Stage of Diagnosis, 2002-2011⁷



Percentage of Utah Men and Women Who Completed Recommended Testing, 2012⁶



“If you won't get a colonoscopy for yourself, get one for your family.”

-Karen Miller Coleman

Screening Recommendations

- Adults aged 50 years and older should get tested with one or a combination of these screening tests:
 - Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) done at home every year,
 - Flexible sigmoidoscopy, done every five years, with FOBT/FIT done every three years,
 - Colonoscopy done every 10 years.⁸
- If you have a family history of colon cancer, you may need to be screened at age 40, or 10 years before the youngest case in your immediate family, whichever is earlier.⁹ In other words, if your father was 48 when he was diagnosed, you should get screened at age 38.

Prevention



A colonoscopy is the most effective way to detect and prevent colorectal cancer.

Abnormal growths found during a colonoscopy can be removed before they become cancer.



Move more, in any way, every day.



Maintain a healthy weight throughout your lifetime.



Fill up on fiber-rich foods. Have a diet high in vegetables, fruits, and whole grains



Limit red meat and avoid processed meats.



Avoid smoking and drink in moderation.

Resources

American Cancer Society
www.cancer.org

Utah Cancer Control Program
www.utahcancer.org

Fight Colorectal Cancer
fightcolorectalcancer.org

References

1. American Society for Gastrointestinal Endoscopy www.screenforcoloncancer.org
2. US Preventive Service Task Force www.uspreventiveservicestaskforce.org/uspstf/uspabrca.htm
3. WebMD www.webmd.com/colorectal-cancer/guide/understanding-colorectal-cancer-symptoms
4. U.S. Department of Health and Human Services healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-tested-for-colorectal-cancer
5. Utah's Indicator Based Information System for Public Health ibis.health.utah.gov/indicator/view/ColCADth.Ut_US.html
6. Behavioral Risk Factor Surveillance System
7. National Cancer Institute Surveillance, Epidemiology, and End Results Program
8. Centers for Disease Control and Prevention <http://www.cdc.gov/media/releases/2013/p1105-colorectal-cancer-screening.html>
9. Colon Cancer Alliance ccalliance.org/genetics