Colorectal Cancer
the Silent Killer

It’s #2: Of cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States.

More than 140,000 adults diagnosed with colorectal cancer each year.

90% survival rate when colorectal cancer is found early and treated.

Begin screening at age 50*, or even younger if other risk factors are present.

More than 90% of cases occur in people aged 50 or older.

80% by 2018: Dozens of organizations are committed to eliminating colorectal cancer as a major public health problem by striving for 80% screened for colorectal cancer by 2018.

Risk Factors, Signs and Symptoms

Your age, not your gender, is the single most important risk factor for colorectal cancer. The risk of developing colorectal cancer increases with advancing age.

23 Million People

About 1 in 3 adults between 50 and 75 years old – about 23 million people – are not getting tested as recommended.

Find out if you’re at risk. If you check any of these statements, you’re at higher risk for developing colorectal cancer.

- I’m older than 50.
- An immediate family member has colorectal cancer.
- I have had polyps in my colon or rectum.
- I eat a lot of red meat.
- I have more than one alcoholic drink a day.
- I smoke.
- I’m overweight.
- I have Type 2 diabetes.

Many people show no signs or symptoms of the disease, which is why proper screening is so important.

*Age 40 for those with a family history before age 60 and age 45 for African-Americans.
The best test is the one that gets done.

Magic Number 50

Colorectal cancer is one of the most preventable, treatable and beatable cancers. But early detection is critical, and a colonoscopy is the most effective method of detecting cancer at an early stage. Both men and women should have their first colonoscopy at age 50, or even younger if other risk factors are present.*

Colonoscopy: A 2-Day Event

Day 1: At home, you will need to follow a liquid diet and drink a liquid laxative.

Day 2: The day of the test you will need a driver to take you to and from the endoscopy center. The test itself will take about 30 minutes, but you will need to be at the center about 30–45 minutes earlier to prepare. During the procedure you will be given anesthesia which wears off very quickly so you can resume your day with minimal restrictions.

Is FIT the right FIT for you?

A colonoscopy is the most effective method of detecting colorectal cancer at an early stage; however, there are other tests your doctor may prescribe for you that are less invasive. The Fecal Immunochemical Test (FIT) detects minute traces of blood in the stool. It:
- Can be done in the privacy of your home
- Is non-invasive
- Is easy to do
- Requires no special prep, changes to your diet or medicines

With the FIT, you will collect your samples and mail them to the lab. Your doctor will give you the results.

If blood is detected, additional tests may be needed to determine the source. One of Summa’s board-certified gastroenterologists or colorectal surgeons can help you with next steps and treatment options.

*Age 40 for those with a family history before age 60 and age 45 for African-Americans

Need to be tested?
Call 800.237.8662.