

STAYING AHEAD OF THE CURVE...

What You Should Know About Colorectal Cancer

Generally, colorectal cancer starts with abnormal growths, called polyps, in the colon or rectum. Over time, some polyps may turn into cancer.

You can reduce your risk of colorectal cancer with routine screenings beginning at age 45.

Many people don't have symptoms. Screening tests can find polyps so they can be removed before turning into cancer.

Screening also helps find colorectal cancer at an early stage when treatment works best.

DID YOU KNOW...

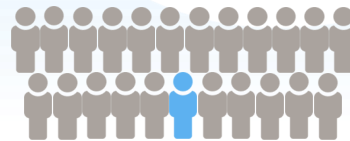
Colorectal cancer is the...

2ND MOST DIAGNOSED CANCER
AND
LEADING CAUSE OF
CANCER-RELATED DEATHS
(among cancers that affect both men and women)

in North Dakota.¹

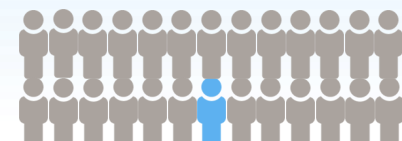
1 in 23

Lifetime risk of colorectal cancer for men²



1 in 26

Lifetime risk of colorectal cancer for women²



**IN
NORTH
DAKOTA**

370

Estimated new cases of colorectal cancer this year³

110

People will die from colorectal cancer this year³

1990

It has been estimated that people born around 1990 have twice the risk of colon cancer and four times the risk of rectal cancer than those born around 1950.⁴

Talk to your healthcare provider about which screening test is right for you.

	Colonoscopy (Visual exam)	Multitarget Stool DNA Test (Cologuard)	FIT/FOBT (fecal immunochemical test/ Fecal occult blood test)
How is the test done?	The doctor uses a scope to look for and remove polyps in the colon/rectum	The lab looks for abnormal DNA and blood in the stool sample	The lab detects blood in the stool sample
Who should be screened?	Adults at high or average risk ⁵	Adults 45+ at average risk ⁵	Adults at average risk ⁵
How often to I need it?	Every 10 years (Adults at high risk may need more frequent testing as recommended by their healthcare provider.)	Every 3 years	Once a year
Is it noninvasive?	No	Yes, used at home	Yes, used at home
Do I have to do any prep?	Yes, full bowel prep including fasting and laxatives	No	No/Yes (FIT does not require changes to diet or medication; FOBT requires changes to diet or medication.)
How long will it take?	1-2 days for bowel prep and procedure	The time it takes to collect a sample	The time it takes to collect a sample
Will my test be covered?	Covered by most insurance	Covered by most insurance	Covered by most insurance
	Insurance coverage can vary; only your insurer can confirm how colorectal cancer screening would be covered under your insurance policy. ⁶		
What if I have a positive results?	Polyps removed and examined (biopsy)	Follow-up colonoscopy	Follow-up colonoscopy

Talk to your doctor. Select the test that's right for you. **For average risk patients, the best test is the one that gets done.**

WHICH WILL IT BE?

- Colonoscopy
 Multitarget stool DNA test
 FIT/FOBT
 None

REFERENCES

¹American Cancer Society. Colorectal cancer facts & figures 2020-2022. Atlanta: American Cancer Society. 2020. Retrieved from <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/colorectal-cancer-facts-and-figures/colorectal-cancer-facts-and-figures-2020-2022.pdf>.

²American Cancer Society. Key statistics for colorectal cancer. 2023. Retrieved from <https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html>

³American Cancer Society. Cancer Statistics Center. 2023. Retrieved from <https://cancerstatisticscenter.cancer.org/#//state/North%20Dakota>.

⁴Siegel RL, Miller KD, Fuchs HE, Jemal A. Cancer Statistics, 2021. CA Cancer J Clin. 2021 Jan;71(1).

⁵US Preventive Services Task Force. Colorectal Cancer: Screening. Final Recommendation Statement; May 18, 2021.

Retrieved from <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>. Accessed 1/5/2023.

⁶Gardner, J. What's Covered? Demystifying Cost-Sharing for Colorectal Cancer Screening. Retrieved from <https://screend.org/demystifying-cost-sharing-table/>.

