



# STAYING AHEAD OF THE CURVE ...

## What You Should Know About Colorectal Cancer

Colorectal Cancer occurs more often in Great Plains American Indian tribes than Whites and American Indians in other regions of the US except for Alaska Natives.

Most American Indians are diagnosed with colorectal cancer at later stages of disease when it is harder to treat.

Colorectal cancer is the third most common cancer for Great Plains American Indians.

Colorectal Cancer is the ...

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**MOST DIAGNOSED CANCER AND LEADING CAUSE OF CANCER-RELATED DEATHS**  
(among cancers that affect both men and women)  
**In North Dakota.**

**1 in 23**

Lifetime risk of colorectal cancer for men



**1 in 26**

Lifetime risk of colorectal cancer for women



**IN NORTH DAKOTA...**

**370**

Estimated new cases of colorectal cancer this year

**110**

People will die from colorectal cancer this year

SCREEN ND Improving Colorectal Cancer Screening Rates in North Dakota	Colonoscopy (Visual Exam)	Multi 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	Adults 45+ at average risk	Adults at average risk
How often do 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 medications; FOBT required 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
What if I have a positive result?	Polyps removed and examined	Follow-up colonoscopy	Follow-up colonoscopy