

Living Well / Aging Well Colorectal Cancer Screening



AMERICAN OSTEOPATHIC ASSOCIATION

What is colon cancer screening?

Colorectal cancer almost always develops from abnormal growths or polyps in the colon or rectum. Screening tests can find these growths. The growths can be removed before they turn into cancer.

Source: https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm

When should I receive a colon cancer screening test?

Recommendations:

Adults aged 45 to 75	Should be screened for colorectal cancer using one of these screening tests: <ol style="list-style-type: none">1. Colonoscopy2. Flexible Sigmoidoscopy3. Stool tests<ol style="list-style-type: none">a. guaiac-based fecal occult blood test (gFOBT)b. fecal immunochemical test (FIT)c. FIT-DNA test (also referred to as the stool DNA test) Discuss your options for testing with your doctor. Find more information here: https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm
Adults aged 76 and 85	The decision should be made on an individual basis after discussion with your doctor.

Source: USPSTF 2021 <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>

People younger than age 45 may need to be tested earlier or more often if the following conditions apply.

1. Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
2. A personal or family history of colorectal cancer or polyps.
3. A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Please discuss earlier testing with your doctor to decide:

- When to begin screening,
- The right test for you, and
- How often to get tested.

Source: https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm

What are the signs of colon cancer?

It's important to get regular screenings for colorectal cancer. Polyps may not show signs but could still be present. Signs may include:

- A change in bowel habits.
- Blood during a bowel movement.
- Diarrhea, constipation, or feeling that the bowel does not empty all the way.
- Abdominal pain, aches, or cramps that don't go away.
- Weight loss, and you don't know why.



These signs can happen with other illnesses that are not cancer so please discuss them with your doctor.

Source: https://www.cdc.gov/cancer/colorectal/basic_info/symptoms.htm