

# What You Need to Know About Colon Cancer Screening

- ✔ If you are 50 or older, colon health screening could save your life
- ✔ Regular screening, can stop colon cancer before it starts

## To prevent colon cancer, starting at age 50:

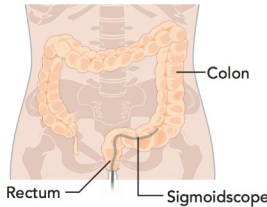
**once** a year



Have a stool test, either a fecal immunochemical test (FIT) or fecal occult blood test (FOBT).

These tests look for signs of cancer by testing for blood in your stool. A small amount of your stool is placed on a special card and sent to your provider or a lab.

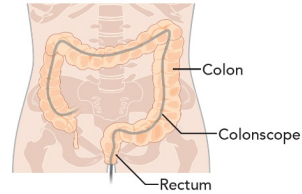
Every **5** years



Talk to your provider about a flexible sigmoidoscopy.

This test looks for polyps in the lower part of your large intestine (colon) using a short, thin, flexible, lighted tube.

Every **10** years



Have a colonoscopy.

This test looks for polyps throughout all of your large intestine (colon) using a long, thin, flexible, lighted tube.

**No insurance? You may be eligible for a FREE health exam and screening if you:**

- ✔ don't qualify for Apple Health or Medicare
- ✔ are age 50 to 75, or before 50 if there is a family history
- ✔ don't have health insurance
- ✔ have a low income
- ✔ have a high deductible for follow-up tests
- ✔ live in King, Kitsap, Clallam, and Jefferson Counties

## Get Screened for Colon Cancer

Find out if you're eligible for a free screening by calling the Community Health Access Program (CHAP) at