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Colon Cancer Reduce Your Risk



Who should be tested?

The American Cancer Society (ACS) suggests testing for:

- All adults 45 years of age and older.*
- People with a family history of colon cancer.
- People with a personal history of colon polyps, chronic inflammatory bowel disease or colon cancer.

What are the tests?

The ACS suggests the following tests:

- Fecal immunochemical test (FIT preferred) or fecal occult blood test (FOBT)** - Yearly.
- Flexible sigmoidoscopy*** Every five years.
- Colonoscopy Every 10 years.

Being tested is the best action you can take to prevent

colon cancer. Call your health care provider and make an appointment today.

How can you reduce your risk?

The ACS suggests the following:

- Get tested.
- Stay active. The ACS suggests at least 30 minutes of exercise five or more days a week.
- Keep a healthy body weight. Ask your provider what your weight should be.
- Eat healthy foods.
- Limit your intake of high-fat foods and alcohol.
- Ask your provider if aspirin therapy might help.
- As per The US Preventive Services Task Force
- For FOBT, use the take-home multiple sample method.
- *** Using either FIT or FOBT yearly, plus flexible sigmoidoscopy every five years is better (but not required) over either of these options alone.

Do you have health questions?



Call our 24-hour Nurse Advice Line. We are here to help you. English: (888) 275-8750 Español: (866) 648-3537 TTY/TDD: 711

third most common cancer in both men and women.

Colon cancer is the

Tests can detect:

- Colon polyps before they become cancerous
- Cancers in their early-stage

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