

THE CREATION EDITORIAL

Colorectal Cancer Screening

Are you 50 years or older? Have you completed your colorectal cancer screening test? According to the American Cancer Society, colorectal cancer is the second leading cause of cancer related deaths in America. A major factor is that most people do not experience symptoms until it's too late. If found early, colon cancer is more than 90% curable. That's why we are urging those at risk to get screened today. Several risk factors for colorectal cancer include:

- 50 years of age
 - Family History of Colorectal Cancer or Polyps
 - Type 2 Diabetes, Crohn's Disease, or Ulcerative Colitis
 - Overweight
 - Physically inactive
 - Smoker
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- A colonoscopy is the most effective way to test for colon cancer and is virtually pain free. But, there are other colorectal cancer screening options. They include: fecal occult blood test, flexible sigmoidoscopy, and Colo Guard.

Colorectal Cancer Symptoms can include:

- Bright red or very dark colored blood in your stool
- Rectal bleeding
- Change in bowel habits such as diarrhea, constipation, or a feeling that your bowl does not feel completely empty

If you have not been screened, you should visit your primary care physician to discuss your colorectal cancer screening options.

Source: American Cancer Society

By: Patti DeLorenzo, Coordinator for Care Integration & Performance Improvement | PHSO

To discuss your optimal health goals, call your PCP to have your yearly check-up done and any preventative screenings that you may need. If you don't have a PCP please visit MYFHCA.org for a list of providers near you or call (407) 303-3627 for assistance.