Find Colon Cancer Early With a Simple Test

**Colon (or colorectal) cancer is treatable.
It can be cured when found early!**

1. Who needs to get tested?

Everyone aged 45-75 years old.

Colon cancer is the **2nd most common** cause of **cancer death** in Wisconsin. It can be cured when found early!

There are some low-cost options, and many are **FREE** with health insurance.

2. What are the most common tests?

Talk to your doctor to find the best test for you. Some tests you can even do at home.

FIT test (Fecal Immunochemical Test). Repeat every year.

Where?	What?	Next Step?
At home	Put small bit of poop in the kit	Mail or bring to doctor's office

Stool DNA test (brand is Cologuard©). Repeat every 3 years.

Where?	What?	Next Step?
At home	Poop in the kit	Mail to the lab

Colonoscopy. Repeat every 10 years.

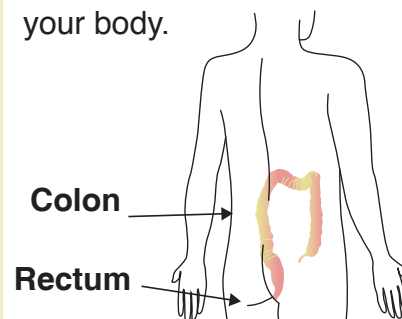| Where?	What?	Next Step?
At a hospital or clinic	A camera looks at your colon\n\nYou may get drugs that make you sleepy	Someone will need to take you home

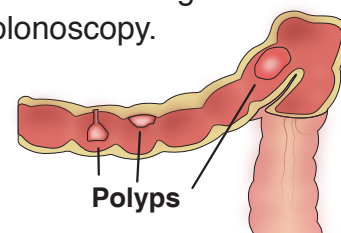### What is the colon?

The colon is where poop collects and passes through your body.

Colon

Rectum

What are polyps?

These are bumps inside the colon that can turn into cancer. They can be removed during a colonoscopy.

Polyps

⚠ If you have **bowel disease**, or a **family history of polyps, colon cancer**, or **rectal cancer** you may need to get tested younger.

Talk to your doctor.

3. How can I prevent colon cancer?

- Eat a diet with lots of fruits and vegetables.

- Limit the amount of red and processed meats (lunch meat, hot dogs, etc.)

- Get regular exercise.

- Ask your doctor if a daily aspirin may help reduce your risk.

5 oz

12 oz

What is 1 drink?

- Limit alcohol use.
  If you drink alcohol:

  Women: no more than 1 drink per day.

  Men: no more than 2 drinks per day.

- Stop smoking.
  For help, call the free Quitline at 1-800-QUIT-NOW.

If you don't have health insurance or are worried about costs:

- There are low-cost tests available even if you don't have insurance.

- Ask about financial help from a clinic or hospital.

- Dial the 2-1-1 Helpline. Ask for free clinics and community health centers.

- See if you can get health insurance. A colon cancer test is free with most plans. Dial 2-1-1 for help.

If you have insurance and are charged for a colon cancer test:

- Call the clinic and ask why.

  For example: a follow-up test may not be free.

- Then, call your insurance company.

John's Story

When John turned 45, his doctor asked him to do a colon cancer test. John had no history of cancer in his family and felt healthy. He didn't think he needed the test.

But his doctor told him the test is free with insurance and he could do it at home. John did the FIT test at home and it showed he needed a follow-up colonoscopy.

The follow-up colonoscopy showed **John had cancer, but they caught it early.** John had all of the cancer removed from his colon. He has gone back each year for follow up tests, and **he has been cancer free for 5 years!**

Wisconsin Cancer Collaborative

Developed by:
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