

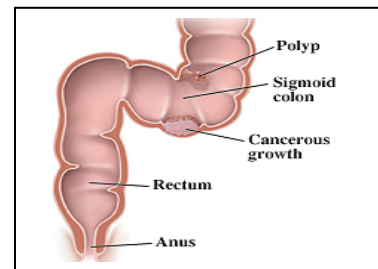
## A Screening Can Save Your Life

A screening for colon cancer can save your life. Cancer of the colon is the second leading cause of cancer deaths in the U.S. **You can prevent it!**

Colon cancer most often starts as a *polyp*. A polyp is a small growth inside the colon. It is important to take the polyp out before it grows or spreads.

You are more likely to get colon cancer if:

- You are 50 years or older
- Someone in your family has had colon cancer or polyps
- You have had polyps in your colon before
- You have certain illnesses, like Crohn's Disease
- Your family has had other cancers



What can you do to find problems early?

- Get a **colonoscopy** every 5-10 years, starting at age 50. The doctor uses a tube that bends to look in your colon to see if there is anything wrong.

Other tests that can be done:

- A **fecal occult blood test (FOBT)** every year. These tests are easy to use. They see if you have blood in your bowel movements.
- A **Sigmoidoscopy** every 5 years. This test is like a colonoscopy, but the doctor only looks at the lower part of your colon.

If you would like more information about colon cancer screenings, please call 718-794-6062.

