

Get Screened for Colorectal Cancer



Anyone can get colorectal cancer. It is a type of cancer in which the cells of the colon or rectum grow out of control and can spread to other parts of the body. Among all cancers, colorectal cancer is one of the top leading causes of death in the United States. Screening tests are a good way to detect, monitor and treat colorectal cancer.

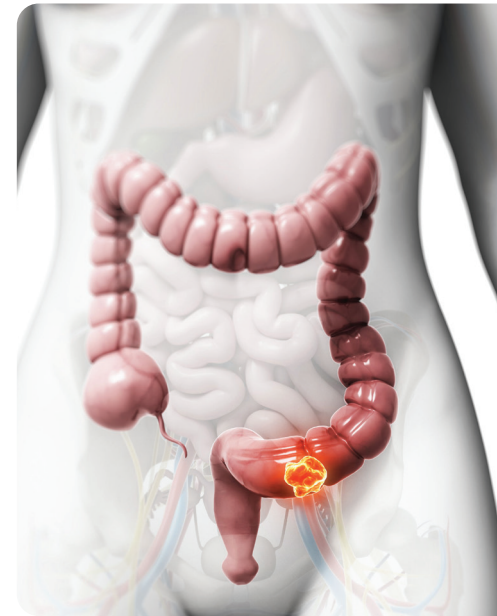
Symptoms

Colorectal cancer may not show warning signs right away. That is why it is important to get checked before you see any signs. Talk to your doctor if you have any of these symptoms:

- Blood in your stool
- Stomach pain
- Unexpected weight loss
- Change in bowel habits such as diarrhea or constipation

When should you get screened for colorectal cancer?

- Start screening when your doctor asks you to or at age 45.
- Continue regular screening up to age 75 or as suggested by your doctor.



Find it early: Get your colorectal cancer screening

Type of Screening	How It's Done	What It Checks For	How Often
Stool test	At home with a stool kit	Blood in your stool	Once a year or as directed by your doctor
Sigmoidoscopy	Doctor uses a flexible tube with a camera to see the <u>lower part of the colon and rectum</u>	Polyyps or early signs of cancer	Every 5 years or as directed by your doctor
Colonoscopy	Doctor uses a longer flexible tube with a camera to see the <u>entire colon</u>	Polyyps or early signs of cancer	Every 10 years or as directed by your doctor

What to expect after you are screened for colorectal cancer?

- Depending on your exam type and location, it can take a few weeks to get your results.
- If more testing is needed, your doctor will let you know.
- Call your doctor if you have questions about your results.



If you have any questions about this content, call CalOptima Health Customer Service at the toll-free numbers below. We have staff who speak your language. Please visit us at www.caloptima.org/healthandwellness or scan the QR code to see health videos. Medi-Cal: 1-888-587-8088 (TTY 711), Monday - Friday, from 8 a.m. to 5:30 p.m. OneCare (HMO D-SNP), a Medicare Medi-Cal Plan: 1-877-412-2734 (TTY 711), 24 hours a day, 7 days a week.