

## FLASH: Health Alliance Flash: Colorectal Cancer Awareness Month

March 5, 2019

March is Colorectal Cancer Awareness Month, so it's a good time to check that your patients are up to date on screenings. The U.S. Preventive Services Task Force recommends regular screenings for people ages 50–75 years old.

### Colorectal Stats

- 1 in 22 men and 1 in 24 women will be diagnosed with colorectal cancer in their lifetime.
- 60% of colorectal cancer deaths could be prevented with screening.
- 1 in 3 people are not up to date with colorectal cancer screenings.

Sources: [Cancer.org](http://Cancer.org) and [FightColorectalCancer.org](http://FightColorectalCancer.org)

There are several screening options with different timelines.

- Cologuard (every 3 years)—can be done at home, with no special prep or changes made to diet (New with HEDIS 2017)
- Colonoscopy (every 10 years)—visual exam of the colon with a small scope
- Fecal occult blood testing (once a year)—can be done at home. Exam of a stool sample, looking for traces of blood
- Sigmoidoscopy (every five years)—visual exam of the lower one-third of the colon

Please talk to your patients about the importance of colorectal screenings and which method is best for their situation.

### Contact Us

1-800-851-3379, option 3

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