

Who is at Risk?

- African Americans over age 45 are at higher risk than most people
- Anyone with a family history of colorectal polyps or cancer
- Anyone who is physically inactive
- People who are obese
- People who have a personal history of inflammatory bowel disease
- Females who drink more than one alcoholic drink a day or males who drink more than two alcoholic drinks a day
- Smokers
- Anyone who has a diet high in fat and low in fiber



How to Reduce Your Risk

Early detection decreases your risk of colorectal cancer. Regardless of your age, you should also do the following to reduce your risk of colorectal cancer:

- Eat a diet high in fiber and low in fat
- Lose excess weight
- Quit smoking
- Exercise regularly

Free Resources Available from the Center for African-American Health

Call 303-355-8333 for information on colon cancer exhibits and presentations offered by the Center and about screening resources for uninsured African Americans. *Don't die of embarrassment!*

The Center for African-American Health also offers free information and workshops on a number of other health issues, including diabetes, heart disease, prostate cancer and breast cancer, specifically for African Americans. We also offer self-management classes for African Americans living with diabetes, high blood pressure, and other chronic diseases. Go to www.caahealth.org for more information, or call 303-355-3423.

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3601 Martin Luther King Jr. Blvd., Denver, CO 80205
phone: 303.355.3423, fax: 303.355.1807, www.caahealth.org

You Can Prevent Colorectal Cancer Get Screened.

"Don't Die of Embarrassment"



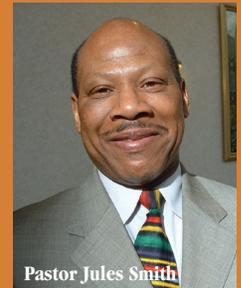
Elbra Wedgeworth



Grant Jones



Regis Groff



Pastor Jules Smith

*"We've been screened.
Now it's your turn."*

Live Well!

Healthy Living Information from the
Center for African-American Health

Colorectal Cancer is cancer that occurs in the colon (large intestine) or rectum. It usually starts with polyps, which are small growths of tissue in the colon, and are fairly common as people grow older. But a polyp can change over time and turn into cancer.

African Americans – both men and women – have the highest death rate from colorectal cancer of any racial or ethnic group in the U.S.

What are the Symptoms?

Colorectal cancer usually has no symptoms early on, when treatment is most successful. That's why screenings are so important. However, if there are symptoms, they may include:

- Blood in the stool
- A change in your bowel habits
- General stomach discomfort (bloating, fullness, or cramps)
- Frequent gas pain
- Unexplained weight loss
- Constant tiredness

Screening is the Key!

Up to 90% of colorectal cancer deaths can be prevented by the timely removal of precancerous polyps.

Screenings for colorectal cancer could save your life by finding polyps and removing them before they grow into cancer. Screening also can identify early stages of cancer.

Screening Guidelines

African Americans age 45 or older should begin regular colorectal cancer screenings. Speak to your doctor about starting screenings earlier if one of your parents, siblings or children has had colon cancer or polyps.

There are several different screening tests to find polyps or cancer. With a colonoscopy, a doctor can check for polyps inside the entire colon. A sigmoidoscopy checks the lower portion of the colon. There also are tests that detect blood in the stool.

Paying for Screenings

Most insurance companies, including Medicare, pay for colon cancer screenings. Medicare pays for a colonoscopy for average risk individuals once every 10 years, and once every two years for high-risk patients. Under the Affordable Health Care Act, if you enroll in a new health plan on or after September 23, 2010, that plan will be required to cover colonoscopies for adults over 50 (and other recommended preventive services), without charging you a co-pay, co-insurance, or deductible.

If you are uninsured, the Center for African-American Health can help you find free screenings. Call 303-355-8333.

"It's normal to be anxious about the screening tests for colon cancer. But rest assured that under most circumstances, none is terribly unpleasant. To get the best, most reliable results, talk to your physician about which exam is right for you. And make certain that your exam is performed by a physician who has comprehensive training, skills and expertise. But most important, get screened...you don't want to die of embarrassment."



Dr. Terri Richardson, Clinical Director,
African-American Center of Excellence,
Kaiser Permanente