

## Get Screened for Colon Cancer. An Hour Could Save Your Life



ICSI is a non-profit organization that works with doctors, health plans, employers, patients and policy makers to improve the quality and lower the cost of health care. We are nationally known for developing evidence-based guidelines that help doctors practice the best medicine. In fact, we have a guideline on this Website to help doctors and patients make sure they get the right colorectal cancer screening tests at the right time.

Because of our work in this area, the American Cancer Society, Minnesota Cancer Alliance and ICSI have convened to help improve the screening rates among Minnesotans. The evidence says we need to do a much better job in this area.

Only 2 out of 3 eligible people in Minnesota get screened for colon cancer, yet it's the **second-leading cancer killer in the U.S.** What's more, colon cancer can often be prevented—screenings can find precancerous polyps so they can be removed before they turn cancerous. Plus screening can find colorectal cancer early, **when treatment can result in a 90% recovery rate.** As the National Colorectal Cancer Roundtable says, colon cancer is Preventable, Treatable, and Beatable.

If we could get 80% of eligible people in Minnesota screened, we could save hundreds of more lives in Minnesota.

So why don't people get screened?

- People often have **misconceptions** about colon cancer and screening.
- There are those people who **don't think they're at risk.**
- Many people **think a colonoscopy is the only screening tool** while there are multiple options. Yet, there's that evidence thing again—it's clear all people should be screened starting at 50 years of age—and earlier if you are at risk.
- **Embarrassment.** It might help to remember that a colonoscopy is a lot less uncomfortable than being treated for colon cancer. Some discomfort is a small price to pay if it saves your life.
- **Cost.** Talk to your doctor about screening options.

Please check out the materials on this Website, and go to the links of other organizations listed to see why getting screened for colorectal cancer is likely the most important hour you will ever spend. In the time it takes to go to church or grocery shopping, you could save your life and those of your loved ones.

So get educated. And then get your rear in gear. See your doctor to determine which screening test is right for you.