

Talk to your doctor about CRC screening and colonoscopy if you:

- Are over 50 years of age.
- Are younger than 50 and have a family or personal history of colorectal disease, or you have been told you're at high risk.
- Notice blood in your stool, experience stomach pain, aches, or cramps that don't go away, or if you are losing weight and you don't know why. You should discuss these symptoms with your doctor.



- Have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- Have a genetic condition that increases your chance of colon cancer, such as familial adenomatous polyposis and hereditary nonpolyposis colorectal cancer (Lynch syndrome).



## Ask Your Doctor

Questions to start the conversation about colonoscopy:

Q: Will I be asleep for the procedure?

Q: How does a colonoscopy prevent colon cancer?

Q: What are the costs associated with the procedure?

Q: What happens if you find something wrong?

Q: What can I do in my daily life to reduce my risk for colon cancer?

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# Don't miss out on life's greatest moments



Your spouse,  
Your kids,  
Your relatives  
and friends,  
want to create memories with you.

If you are over 50, talk to your doctor about colorectal cancer screening today.

## What to Expect

Colorectal cancer is one of the most **detectable** and **treatable** forms of cancer, and the most effective way to reduce your risk of colorectal cancer is by having regular colorectal cancer screening tests.

Getting screened can mean more weddings, graduations, parties, vacations and anywhere else the best memories are created.

If you are over 50 years of age, have a family or personal history of colorectal disease, or have been told you're at high risk, talk to your doctor about scheduling CRC screening today—not just for your own peace of mind, but for the ones you love.

## About the Screening

If your doctor recommends screening for colorectal cancer, it does not necessarily mean that you have colorectal cancer.

A screening is meant to identify precancerous polyps so that they can be biopsied or removed before they turn into cancer.

Recommended screenings can also identify early stages of colorectal cancer, allowing you to begin treatment early on when it has the highest success rate.



## LIFE'S GREATEST MOMENTS

### What is a Colonoscopy?

Colonoscopy is able to detect early problems that could lead to colon cancer and stop them in their tracks. Colonoscopy is the preferred test to detect and treat colon cancer, while other screening tests can detect colon cancer with further follow up treatment required.

### About the Procedure

During this test, your doctor will use a thin scope called a colonoscope to view your colon and rectum, looking for abnormalities like polyps. If there are any polyps or abnormalities present, your doctor can remove them or take a biopsy through the colonoscope.

Polyps are tissue growths that are generally benign, but can develop into cancer if they are allowed to grow.

So, for just a few moments you won't remember, your doctor and you can learn important information about your health and you can gain peace of mind for you and your family.

### Alternative Testing

There are other methods of CRC screening. Your doctor can help you decide which test is right for you.

*Information sources can be viewed on [ColonoscopyToday.com](http://ColonoscopyToday.com).*

### Make Healthy Choices

Colon cancer is the third most common type of cancer in the United States, though it is one of the most preventable. Each year, 140,000 people are diagnosed with colon cancer, and over a million people have a history of colon cancer.

These are certainly concerning statistics, but there is good news. By making healthier choices, 75% of all colon cancer cases can be prevented.

### Talk to your doctor about CRC screening and colonoscopy

...not just for your own peace of mind, but **for the ones you love.**



To learn more, visit  
[ColonoscopyToday.com](http://ColonoscopyToday.com)