

# GET TO THE BOTTOM of Colorectal Cancer



At Goshen Health, we believe knowledge is power. And when it comes to colorectal cancer, knowledge has the power to **stop cancer in its tracks.**

## HERE'S THE WHO, WHAT, WHERE, WHEN AND WHY ON COLORECTAL CANCER:

### WHO

Men and women aged 45-74 should be screened for colorectal cancer regularly.

### WHAT

Colorectal cancer starts in the colon or rectum, sometimes developing from polyps, which are comprised of abnormal tissue that grows on the inner wall of the colon and rectum. **Not all polyps are cancerous, but some may turn into cancer.**

### WHERE

Colorectal cancer screening can be done **in the privacy of your own home** using a Fecal Immunochemical Test (FIT).

### WHEN

It only takes about five minutes to do the FIT test and no special test prep means **you can do the test just about any time.**

### WHY

If detected early enough, **colorectal cancer can be prevented or treated successfully.**

## DO'S AND DON'TS to Reduce Colorectal Cancer Risk



**Do:** Eat a healthy diet of fruits, vegetables, whole grains and low-fat dairy.



**Do:** Maintain an active lifestyle.



**Do:** Maintain a Body Mass Index (BMI) of 18-25.



**Do:** Say no to smoking.



**Don't:** Eat a lot of red meat, sugar or processed foods.



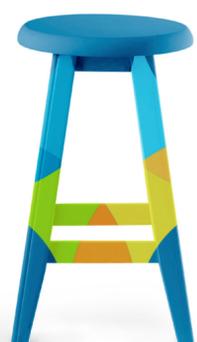
**Don't:** Sit for long periods of time.



**Don't:** Exceed a BMI of 25, which is considered overweight or obese.



**Don't:** Drink excessively.



## START A MOVEMENT

### Share your stool!



Colorectal cancer is nearly 100% preventable and treatable with early detection. A simple screening could save your life.

Visit [ShareAStool.com](https://www.shareastool.com) to assess your risk for colorectal cancer and see if you should get screened.

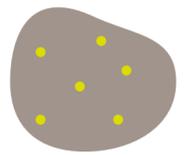
CHECK OUT  
THE BACKSIDE

## TEST PREP

# 4 THINGS TO KNOW ABOUT GETTING FIT!

- 1 A Fecal Immunochemical Test is sometimes referred to as a FIT kit.
- 2 You don't need to do anything special to prepare for the test.
- 3 But don't do the test while you are menstruating.
- 4 And don't do the test if you have active bleeding from hemorrhoids.

# 6 IS THE MAGIC NUMBER



When probing the stool, pick 6 different places to poke, then return the probe to the tube **AFTER the 6th probe.**

# WHAT TO DO WITH NUMBER 2

You may be wondering why your FIT kit came with 2 collection papers. **The second paper is there just in case you need it as a backup.**

## TEST TIPS (#PROTIPS)



**Be sure to catch your stool sample on the collection paper!** If it falls into the toilet, the stool is contaminated and you'll need to try again, using the back up collection paper.



**Don't forget** to fill out the collection date and time fields on the specimen collection tube.



## FIT PHONE

**Have questions?** Call a member of the Goshen Health team at (574) 364-2601, Monday through Friday from 8 a.m. to 4:30 p.m. for more FIT kit information or to learn more about Goshen Health doctors, services and locations.

## TEST RESULTS

- After processing your sample, Goshen Health will contact you with the results and next steps.
- If the test is clear, your provider will recommend when you should take your next screening test.
- If the test detects some abnormalities, it doesn't mean you have cancer, but a colonoscopy will be needed to get more information.

## OTHER SCREENING TESTS

The FIT test is just one way to screen for colorectal cancer. Here are some other tests that are used and how frequently they are **typically performed for those at average risk.** Ask your provider which test is right for you.

- Fecal Immunochemical Test (FIT)—annually
- Fecal Occult Blood Test—annually
- ■ ■ ■ ■ Flexible Sigmoidoscopy—every 5 years
- ■ ■ ■ ■ CT Colonoscopy (virtual colonoscopy)—every 5 years
- ■ ■ ■ ■ Double Contrast Barium Enema—every 5 years
- ■ ■ ■ ■ ■ ■ ■ ■ ■ Colonoscopy—every 10 years