

“ I thought I was a tough guy. I was in the military for 22 years, an athlete and a coach. I had never faced anything like colon cancer. It is an experience I hope no one has to go through.”

**Romero**  
IDAHOAN



Take the test.  
Save your life.

For additional information about colon cancer and other cancers, visit:

THE AMERICAN CANCER SOCIETY  
[www.cancer.org](http://www.cancer.org)

NATIONAL CANCER INSTITUTE  
[www.cancer.gov](http://www.cancer.gov)



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WHAT YOU SHOULD  
KNOW ABOUT  
**COLON  
CANCER  
SCREENING**



## COLON CANCER IS THE SECOND LEADING CAUSE OF CANCER DEATHS IN IDAHO.

### Colon cancer is both preventable and treatable.

In fact, the survival rate is 95% when caught early through a routine cancer screening.

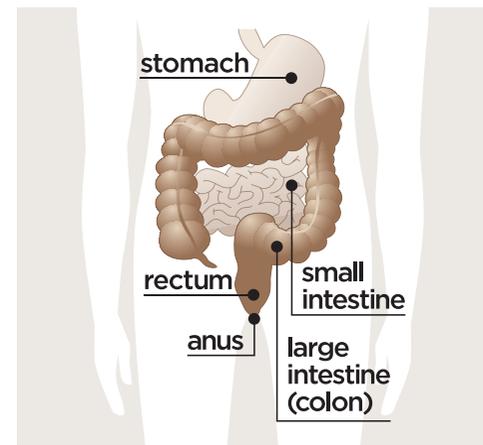
#### Make time for screening.

Colon cancer starts as a growth (polyp) in the large intestine (colon) or rectum. Screening tests are designed to find polyps so they can be removed before they turn into cancer. Tests can also find cancer in the early stages when it is easier to treat.

- Screening is recommended for everybody aged 50 and older.
- You don't have to have a family history of colon cancer to be at risk.
- The risk of colon cancer increases as you get older.
- Colon cancer often has no symptoms.
- Many insurance plans cover colon cancer screening.
- If you have a family history of colon cancer talk to your doctor about when to be tested.

While colon cancer often has no symptoms, some do exist. Schedule a doctor's appointment right away if you experience any of the following symptoms:

- Bleeding from your rectum
- Blood in your stool
- Stool that is skinnier than usual
- Going at unusual times
- Diarrhea, constipation or both
- Constant, full feeling and random stomach aches
- Gas pains or stomach pains
- Tired feeling
- Vomiting
- Weight loss for no known reason



If you're 50 or older, talk to your doctor about when and how to be tested.

“ Mom loved to draw, garden, and cook. She was my best friend and colon cancer took her life.”

Jennifer  
IDAHOAN

