

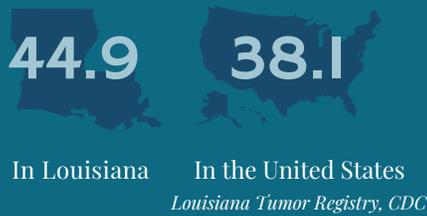
# HERE'S WHY YOU SHOULD SCHEDULE YOUR COLORECTAL CANCER SCREENING

Colorectal cancer is the third leading cause of cancer-related deaths in men and in women in the United States. Screening rates are lower and mortality rates are higher for Louisianans than national averages. Incidence and mortality rates are higher for Black Louisianans than white residents. **The Louisiana Department of Health aims to increase colorectal screenings by 2 percentage points in 2022.**

## Who Should Get Screened?

Everyone between the ages of **45** and **75** should get a colorectal cancer screening.

## Cases per 100,000



## Mortality



## Early Screening Saves Lives

**MYTH** If you do not have a family history of colorectal cancer, you are not at risk and do not need to be screened.

**BUSTED** Major groups like the American Cancer Society say screening should happen for **anyone at average risk between the ages of 45 and 75.**

**MYTH** Screenings are only for those with symptoms.

**BUSTED** Colon cancer is typically asymptomatic until it reaches the later stages, so **get screened regardless of symptoms.**

**MYTH** It's too expensive.

**BUSTED** **Health insurance, including Medicaid, covers most screening-associated costs.**



## Significant Racial Disparities

Black Louisianans have a higher incidence and are more likely to die of colorectal cancer than white residents. The mortality rate for colorectal cancer among Black residents in 2012-16 was 21 deaths per 100,000 compared to 14.8 per 100,000 among white residents.

*Louisiana Tumor Registry*

## What Tests are Available?

- **COLONOSCOPY:** Views the entire colon
- **HIGHLY SENSITIVE STOOL-BASED TESTS:** Can be taken yearly at home
- **STOOL DNA TEST:** Every three years, in the privacy of your home
- **FLEXIBLE SIGMOIDOSCOPY:** Every 5 years; does not require sedation; only looks at the lower part of the colon



## Resources

- American Cancer Society: [cancer.org/cancer/colon-rectal-cancer.html](https://cancer.org/cancer/colon-rectal-cancer.html) or 800-227-2345
- Mary Bird Perkins Cancer Center: <https://marybird.org/get-screened>

