



Have you had a *Colon Test?* It Could Save Your Life.

www.carefirst.com

Making the time for a colon test today could mean a world of difference tomorrow.

Cancer of the bowel often has no warning signs. If you're 50 years of age or older, you should have a colon test every year.

There are different tests: fecal occult blood test, flexible sigmoidoscopy, colonoscopy and barium enema. Ask your doctor which test is right for you.

A colon test can find cancer in its early stages, when it can be treated. When found early, cancer often can be cured completely.

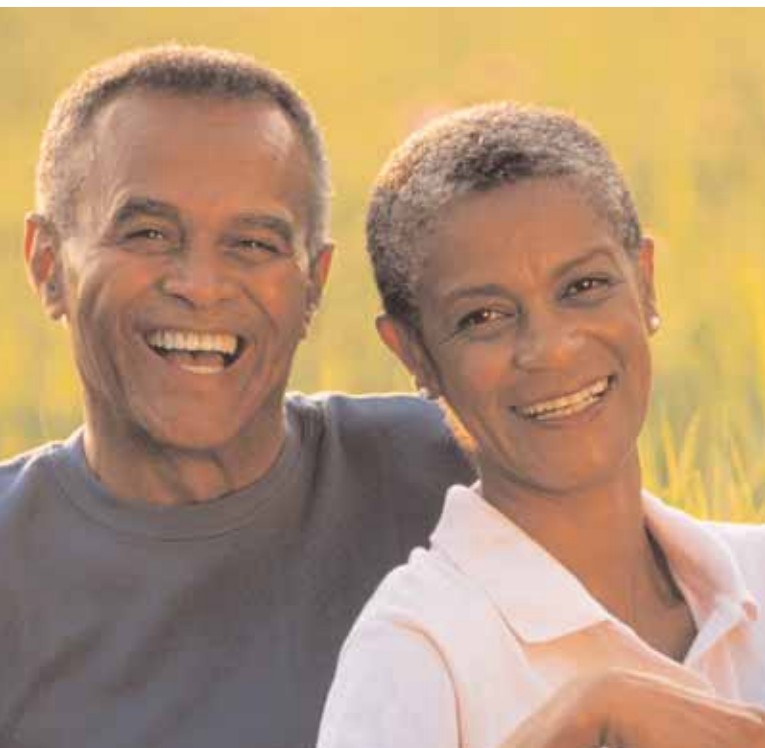
Risk Factors

- Personal or family history of colorectal cancer
- Polyps or inflammatory bowel disease
- Physical inactivity
- High-fat and/or low-fiber diet
- Diet low in fruits and vegetables

Symptoms

Know the warning signs of colon cancer. If you have any of these symptoms, call your doctor:

- Change in bowel habits, such as diarrhea, constipation or narrowing of the stool, which lasts for more than a few days
- Constant feeling that you need to have a bowel movement
- Bleeding from the rectum or blood in the stool
- Cramping or constant stomach pain
- Weakness or fatigue



Call your doctor to make an appointment for a colon test today.

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Resources

For more information about colon cancer, visit *My Care First*, the health and wellness section of www.carefirst.com

American Cancer Society

800-422-6237

www.cancer.org

National Cancer Institute

800-227-2345

www.nci.nih.gov