

ARE YOU OVER THE AGE OF 50?

The American Cancer Society recommends preventative screenings for people over the age of 50 to decrease cancer risk. Treatment is most effective with early detection.

Colorectal cancer, if caught early enough, can be treated or even prevented. Your doctor can recommend a colorectal screening test best for you.

Here are a few facts about colorectal cancer:

- **Colorectal cancer starts with polyps in the colon or rectum. A polyp is a growth**
- **that should not be there.**
- **Screenings can detect polyps so they can be removed before becoming**
- **cancerous.**
- **There are several different screening tests:**
 - **Fecal occult blood tests (can be done at home)**
 - **Colonoscopy**
 - **Sigmoidoscopy**
 - **Double-contrast barium enema**

Local physicians want to help prevent this cancer from becoming deadly to you. Call your provider to set up an appointment to discuss these screening options. The *choice* you and your provider make will be based on your family and personal history.

The only wrong choice is not getting tested.

My name is Gail Sullivan and I am a registered nurse with years of experience. My job is to help guide you and answer any questions or concerns you may have about colorectal screenings. Please don't wait. For more information, please call 603-994-1167 or email me at gailrn@metrocast.net.