

## Getting Screened

Help keep Flint residents healthy!  
Getting screened for colorectal cancer is easy and could help keep you cancer free, adding years to your life.

## Interested in Getting Screened?

**FREE FIT Kits** will be available for eligible patients on select **Thursdays** on the campus of **Greater Holy Temple Church**.



Division of Public Health  
College of Human Medicine  
MICHIGAN STATE UNIVERSITY

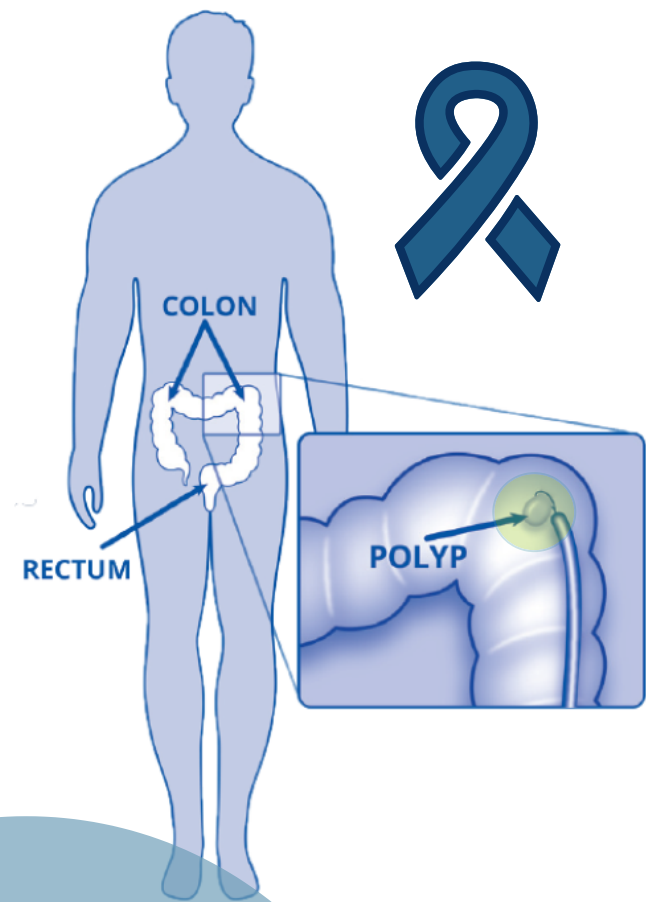
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*We're talking about life and death [...] a disease that could kill you. Whatever it takes. If I have to crawl to the hospital. A simple test through screening [...] I would do it; it's a life saver."*

Bishop Jones - Colorectal Cancer Survivor



Greater Holy Temple Church of God In Christ  
6702 Dort Highway  
Flint, MI 48505



What you need to know about Colorectal Cancer

## Myths about screening

**Myth:** Screening is too expensive.

**Fact:** Most screening tests are covered by insurance, including Medicare.

**Myth:** Nobody in my family has a history of colorectal cancer, so I am not at risk.

**Fact:** Most colorectal cancers are found in people without a family history of colorectal cancer. Those with a family history are at higher risk.

**Myth:** If my stool looks normal, I should be fine.

**Fact:** You can have colorectal cancer or polyps even if your stool looks normal.

**Myth:** Colorectal cancer is not that common.

**Fact:** Colorectal cancer is the second-leading cause of cancer-related deaths in the U.S. Screening is the best way to prevent death from colorectal cancer.

**Myth:** Having a colonoscopy is the only way to get screened.

**Fact:** There are several different screening tests available. Some are simple and can be done at home (like the FIT kit!).

## When should I be screened?

If you are otherwise healthy, screening for colorectal cancer (CRC) should start at age 45

How often you are screened depends on which screening option you choose.

FIT Kit testing should be done every year, but they can be completed from the privacy of your home and may mean you'll never need a colonoscopy.

## Who is at risk?

### Gender:

Men have a slightly higher risk than women.

### Age:

Adults 55 and over have the greatest risk, however those under 55 can still develop cancer.

### Race:

African Americans have the highest rates of colorectal cancer followed by Alaska Natives, American Indians, and Eastern European Jews.

### Family History:

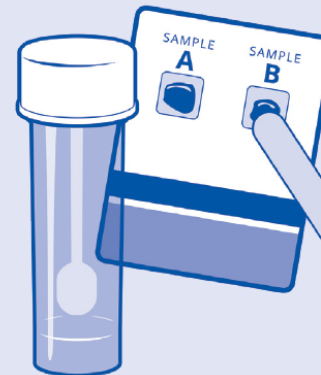
30% of people that develop colorectal cancer have a family member with the disease. People with a family history of the disease might need to start screening earlier and more often. Talk to your doctor about which screening options are best for you.

### STOOL TESTS

#### Fecal Immunochemical Test (FIT)

HOW OFTEN: **Once a year**

- » You take a stool sample at home using a kit your provider gives you.
- » It checks for blood in samples from 1 bowel movement.
- » You mail your sample to a lab.



### Life-style factors:

- Being overweight can increase your risk of developing and dying of colorectal cancer.
- Physical inactivity and diets high in processed meats (like hotdogs and lunchmeats) can increase your risk of colorectal cancer.
- Smoking and heavy alcohol intake can also contribute to cancer development.