There are things you can do to prevent Colorectal Cancer (CRC)

CRC Screening Tests

- Fecal occult blood test (FOBT): Annual, starting at age 50.
- Double-contrast barium enema: Every 5 years, starting at age 50.
- Sigmoidoscopy: Every 5 years, starting at age 50.
- Colonoscopy: Every 10 years, starting at age 50.

For more information regarding CRC among Pacific Islanders, please visit: http://wincart.fullerton.edu
Do it for your family & yourself

Ask your doctor!

You may want to ask your doctor the following questions about screening:

1) What CRC tests do I need? Why?

2) How much do the tests cost? Will my health insurance plan help pay for screening tests?

3) Are the tests painful?

4) How soon after the tests will I learn the results?

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