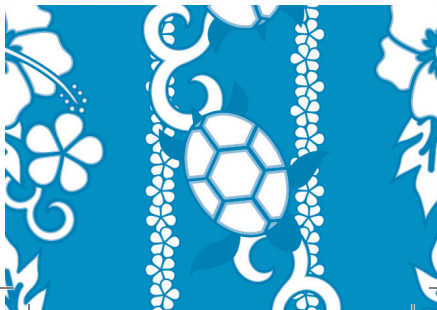


# There are things you can do to prevent Colorectal Cancer (CRC)

## 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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