



# YOUR HEALTH MATTERS

## Colorectal Cancer (CRC) Screening for Native Communities



Our traditions teach us to care for ourselves. If you are 45 or older, it's time to talk to your provider about getting screened for colorectal cancer.

**Talk to your healthcare provider about screening options.**

### Why Should You Get Screened?

- Our people are being diagnosed with colorectal cancer at younger ages, often before 45.
- **Prevention:** Colorectal cancer can often develop with no symptoms.
- **Early Detection:** You can detect cancer early, when it's easier to treat by getting screened.
- **Higher Risk:** Age 45+, lifestyle factors (obesity, smoking, heavy alcohol use, diet), and family history.
- **Honor yourself and family:** Screening saves lives. Your family history matters. It's important to talk to your family about colorectal cancer.

### What Can You Do Today?




- Call your clinic to ask about CRC screening options.

**Visit [AICAF.org](http://AICAF.org) for more information.**



### Screening Options

**Remember, the best screening test is the one that gets done!**

Screen	What is it?	How often?	Do I need to prep?	Where is this completed?
FIT*	Small stool sample that looks for signs of cancer	Every year	X	At home 
Cologuard®*	Looks for specific DNA markers and blood in the stool.	Every 3 years	X	At home 
Colonoscopy*	Provider examines your colon with a camera	Every 10 years	✓	At the hospital 

\*Many health insurances cover the cost of colorectal cancer screenings including Medicaid and Medicare

### Clinic Information

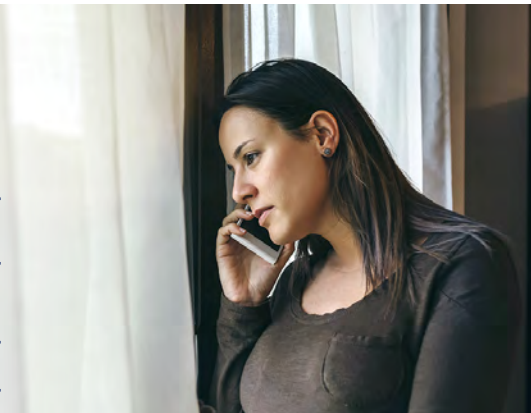
If you don't have a regular clinic or health care provider, local tribal clinic, Urban Indian Health center, and public health departments can help you get care.

Clinic Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_



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