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Schedule your colon cancer screening

Age 50? Do it today

We might not like to talk about it. However, if you are age 50 or older, it's smart to have a colon cancer screening.

This cancer is the third most common found here in the United States — in both men and women. And most colon cancer occurs in people age 50 and older.

What's in it for you?

Screening tests are beneficial. These tests can find growths *before* they turn to cancer.

Plus, if you get checked and do have colon cancer, it's curable if found and treated early.

Ask questions

You may have heard about this screening from friends and family. Maybe what you heard makes you a little anxious. And you probably have questions.

It's always okay to go to your doctor with questions. This way, you both make sure you understand your health care.

Here are a few questions you might ask:

- I've heard there's more than one test for colon cancer. Which one is right for me?
- What will happen to me during the test?
- How will it feel?
- How do I get ready for the test?

And while you're at it, ask your doctor what other screening tests are recommended. Benjamin Franklin had it right when he said that an ounce of prevention is worth a pound of cure!

For more information, call the American Cancer Society at **1-800-ACS-2345**. Or visit the website at **www.cancer.org**.

Get more health screening tips.
Check the Aetna IntelliHealth®
website at **www.intelihealth.com**.

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