Colorectal Cancer Screening

arkansas total care

PROTECT YOURSELF AGAINST COLORECTAL CANCER

Take colorectal cancer prevention into your hands — get your colonoscopy and lower your lifestyle risk factors!



What is colorectal cancer and how can you screen for it?

Colorectal cancer affects the colon and rectum. A *colonoscopy* passes a small camera through the rectum to check the area. You usually only need a colonoscopy once every 10 years unless advised otherwise by your doctor.

There's more than one way to screen for colorectal cancer. Other options to discuss with your doctor include:

- Visual screenings like a flexible sigmoidoscopy or virtual (CT) colonoscopy.
- In-home test kits like a fecal occult blood test (FOBT), fecal immunochemical test (FIT), or stool DNA test.

In addition to getting screened, there are everyday steps you can take to help protect yourself:

- Schedule your yearly preventive visit with your doctor.
- Get regular exercise.
- Maintain a healthy weight.
- Eat lots of fruits, vegetables, and whole grains.
- Limit red and processed meat.
- Limit alcohol and smoking.

Schedule Your Screening Today

Call your doctor to talk about your colorectal cancer screening options.

Questions?
Call us at **1-866-282-6280** <<Hours of operation>>. We can help you schedule your appointment or find a ride.

Need to find a provider?
Scan the QR code to get started!

<<URL>>