

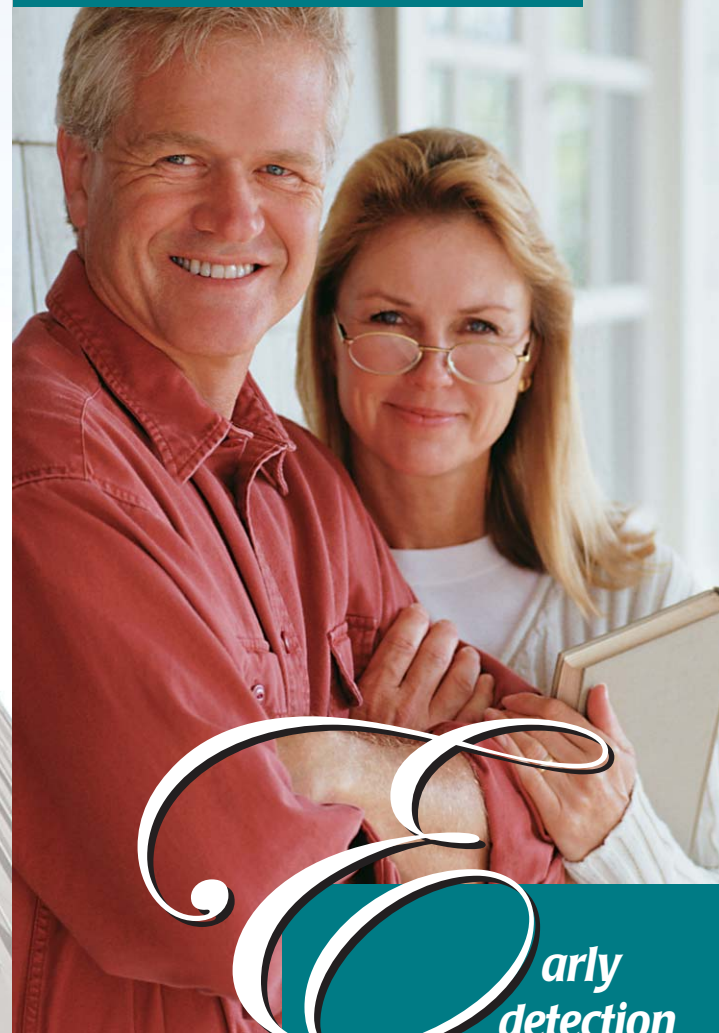
DIGESTIVE DISEASE CENTER

The ETMC Digestive Disease Center provides advanced gastrointestinal care in a warm, comfortable setting. Located on the second floor of the ETMC Olympic Plaza Tower in Tyler, the modern facility provides a full range of outpatient and inpatient endoscopic services. The DDC is staffed by a team of professionals including board-certified gastroenterologists, internists, and surgeons as well as nationally certified nurses in gastroenterology, specially trained registered nurses, licensed vocational nurses and technicians.

If you would like more information on the Digestive Disease Center or information on gastrointestinal diseases, please call the HealthFirst line at **1-800-648-8141**.



COLON CANCER SCREENING



Early detection saves lives.



*East Texas Medical Center
Regional Healthcare System*

P.O. Box 6400 • Tyler, TX 75711 • www.etmc.org



*East Texas Medical Center
Regional Healthcare System*

Although colon cancer is the second leading cancer killer in the U.S., it is also one of the most avoidable types of cancer. Early detection is the key in finding pre-cancerous polyps and having them removed before they turn cancerous. Colon cancer often starts with no symptoms. That's why screening tests are important, especially if you are over 50.



Factors associated with increased risk for colon cancer include:

- Age – 50 or older
- Race – African Americans are at greater risk
- Personal or family history of colon cancer (begin screening at age 40)
- Personal or family history of intestinal polyps
- Personal history of inflammatory bowel disease
- Smoking or use of other tobacco products
- Physical inactivity
- Diets high in red meat

Symptoms of colon cancer may include:

- A change in bowel habits such as diarrhea, constipation, or narrowing of the stool that lasts for more than a few days
- A feeling that you need to have a bowel movement that is not relieved by doing so
- Rectal bleeding or blood in stool
- Cramping or steady abdominal pain
- Weakness or fatigue

Beginning at age 50 both men and women should follow one of the five screening options below recommended by the American Cancer Society for early colon cancer detection:

1. Colonoscopy every 10 years. **(The test of choice.)**
2. Fecal occult blood test (FOBT) every year
3. Flexible-sigmoidoscopy every 5 years
4. Fecal occult blood test every year plus flexible-sigmoidoscopy every 5 years
5. Double contrast barium enema every 5 years

Colon cancer screenings are covered by Medicare and most major insurance plans.

For more information or to schedule a colon cancer screening, call ETMC HealthFirst at 1-800-648-8141.



COLON CANCER SCREENING

Do it for yourself. Do it for the ones you love.