



Life's full of surprises



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Colon cancer, also known as colorectal cancer, will claim more than 56,000 lives in the United States this year.

However, colon cancer can be prevented by finding and removing polyps that could become cancerous. You are at a higher risk for the disease if you have inflammatory bowel disease or colon polyps or cancer in your family history.

To support prevention and early detection of colon cancer, you should begin preventive screenings at age 50, or earlier if you have risk factors. The screening tests typically include an annual fecal occult blood test, and a flexible sigmoidoscopy every five years or a colonoscopy every ten years.

Talk with your physician about the most appropriate screening schedule for you — so colon cancer doesn't take you by surprise.

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.

Source: National Center for Chronic Disease Prevention and Health Promotion

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