

Prevention is the

Key

FIT Kit

is a home test used to screen stool for abnormalities for those with low risk for colon cancer.

Age of Detection

Adults are urged to start screening for colon cancer as early as age 45.

What is a FIT Kit?

A FIT Kit is an alternative to a colonoscopy that detects hidden abnormalities, such as blood in the stool, for those with low or average risk for colon cancer. There are no dietary restrictions or prep before using a FIT Kit. It is also recommended that you use a FIT Kit annually.


Risk Factors

Risk factors for colon cancer include: age (older adults are at a higher risk), ethnicity (African Americans have higher rates of colon cancer), family history, obesity, a diet high in red and processed meats, lack of physical activity, smoking, heavy alcohol consumption, and conditions like Crohn's.

Signs & Symptoms

Colon cancer symptoms include changes in bowel movement, rectal bleeding or blood in the stool, abdominal pain, and fatigue.

FIT Kits are your key to early detection of colon cancer. Don't wait. Talk to your provider today about getting a FIT Kit home collection test.

 Website to information about cancer screening at health center and to schedule an appointment

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