**Ask your
health care provider
about colon cancer
screening and how you
can get FIT.**

NEW YORK STATE | **Cancer Services Program**

Are you 50 or older?

**Ever been tested for
colon cancer?**

**Uninsured?
Age 50 or older?**

Call 1-866-442-CANCER

to find out how you can
get a free colon cancer
test near you.

NEW YORK STATE | **Department of Health**

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**Getting a
colon cancer test
just got easier!**

**Read on to learn
more about FIT, a new test
for colon cancer.**

A program of the Department of Health

Get FIT

Did you know?

- Colorectal cancer (cancer of the colon and rectum) is the second leading cause of cancer death.
- Screening tests can help prevent colon cancer by finding polyps before they turn into cancer. (Polyps are noncancerous growths of tissue that can become cancer if they are not removed.)
- Recommended screening tests include stool tests; colonoscopy; sigmoidoscopy; and barium enema.
- When colon cancer is found and treated early, it can be cured.

Who should be screened for colon cancer?

- Most people should start screening tests at age 50.
- If you or a family member has had colon cancer or polyps, you may need to start earlier.

What is FIT?

- **FIT** stands for Fecal Immunochemical Test (fee-kuhl-im-you-no-KIM-uh-kuhl).
- **FIT** is a take-home, stool-screening test for colon cancer.
- **FIT** can show if there is hidden blood in your stool (bowel movement).

Why get FIT?

- It is easy to do.
- It is done in the privacy of your home.
- There are no special changes to diets or medicines.

How often should I get FIT?

- If your results are negative, you should do a **FIT** test every year.

What if my results come back positive?

- If this test is positive, a colonoscopy is needed to see if there is cancer, a polyp, or other cause of bleeding.
- When colon cancer is found and treated early, it can be cured.
- When polyps are found and removed, colon cancer is actually prevented.