

# YOUR OPTIONS TO PROTECT YOURSELF AGAINST COLORECTAL CANCER

Dear member,

Our records show that you're due for a colorectal cancer screening. The American Cancer Society recommends screening for everyone between 50 and 75 years of age.

Colorectal cancer is the second leading cause of cancer deaths among men and women combined. But regular screening — before any symptoms occur — can detect cancer early, when it's more treatable. As your partner in total health, we offer two types of screening: the enclosed FIT (fecal immunochemical test) and the colonoscopy. The choice is yours.

Some people choose the FIT because it doesn't take much time, is noninvasive, and is highly accurate when done every year. Others prefer the colonoscopy because it's done every 10 years and can be more conclusive. If you've had a normal colonoscopy within the last 10 years, you don't need a screening test now. If you have a family history of colon cancer or are of African-American descent, talk to your primary care provider about whether a colonoscopy could be right for you.

Ultimately, the best screening test is the one that you actually do. Please select the test that's right for you, then take action to either complete the FIT test or schedule your colonoscopy. For more information, see the back of this card or call 1-855-517-8382 toll free to speak with the Kaiser Permanente Prevention Team.

Thank you for partnering with Kaiser Permanente to protect your health.



# YOUR SCREENING OPTIONS AT A GLANCE

	<b>FECAL IMMUNOCHEMICAL TEST (FIT)</b>	<b>COLONOSCOPY</b>
<b>FREQUENCY</b>	<ul style="list-style-type: none"> <li>recommended every year to be most accurate</li> </ul>	<ul style="list-style-type: none"> <li>generally recommended every 10 years (if no polyps are found)</li> </ul>
<b>PREPARATION</b>	<ul style="list-style-type: none"> <li>done at home</li> <li>no bowel preparation</li> <li>no pre-test dietary restrictions</li> </ul>	<ul style="list-style-type: none"> <li>done in medical setting</li> <li>requires bowel preparation</li> <li>usually requires sedation</li> <li>requires someone to drive you home</li> <li>you may miss a day of work</li> </ul>
<b>COMPLETENESS</b>	<ul style="list-style-type: none"> <li>may miss some polyps and cancers</li> <li>may produce false-positive test results</li> <li>if FIT result is abnormal, a colonoscopy will be needed</li> </ul>	<ul style="list-style-type: none"> <li>may miss small polyps</li> <li>ability to biopsy and remove polyps during screening</li> <li>can diagnose other diseases</li> </ul>
<b>RISKS</b>	<ul style="list-style-type: none"> <li>no direct risk to the colon</li> </ul>	<ul style="list-style-type: none"> <li>small risk of bleeding or infection</li> <li>very small risk (about 0.05%) of bowel perforation</li> <li>rare allergic reaction to the medications used</li> </ul>
<b>COST</b>	<ul style="list-style-type: none"> <li>no charge for most Kaiser Permanente members</li> </ul>	<ul style="list-style-type: none"> <li>no charge for most Kaiser Permanente members*</li> <li>more expensive if paying out of pocket</li> </ul>

\* Screening colonoscopies are a free preventive service under the Affordable Care Act, but this may not apply to all plans. Your share of the cost for lab, pathology, and/or anesthesia may apply if abnormal growths are removed. If you have questions, please call Member Services at 1-800-813-2000.

