

A close-up portrait of a middle-aged man with a mustache, wearing a dark suit jacket, a white collared shirt, and a light-colored tie. He has a serious expression and is looking directly at the camera.

A TEST WOULD  
HAVE FOUND MY  
COLON CANCER  
SOONER

*David P. ...*

Idaho  
Resident

**Colon cancer is the second leading cause of cancer deaths for both men and women.**

Found early, there is a 95% survival rate.

If you're aged 50 or over, see your doctor or health care professional.

**For information visit [www.idcancerinfo.org](http://www.idcancerinfo.org)**

**Take the test.  
Save your life.**

A close-up portrait of a woman with curly brown hair, wearing a white collared shirt and a dark blazer. She has a serious expression. The background is dark.

A COLON  
CANCER TEST  
SAVED MY LIFE

*Karen Echeverria*

Idaho  
Resident

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## **COLON CANCER IN IDAHO**

Preventable, Treatable, Beatable.

### **Preventable**

*Reduce your risk*

- Get more exercise
- Drink less alcohol
- Eat less animal fat
- Eat more fruit, vegetables and whole grains
- Manage your weight
- Quit tobacco
- Take the test\*

### **Treatable**

*Know what to look for*

- Blood in your stool
- Bleeding from your rectum
- Changes in bowel movements
- Diarrhea, constipation or both
- Lack of energy
- Unexpected weight loss

### **Beatable**

*The odds are in your favor*

- The second leading cause of cancer deaths
- 95% survival rate if found early

#### **\*Colon cancer screening tests include:**

Fecal Occult Blood Test; Flexible Sigmoidoscopy; Colonoscopy; and Double Contrast Barium Enema.

Consult with your doctor about choosing the test that's right for you. Tests are covered by some insurance plans.

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IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**