

 **Be brave.**

Early detection saves lives!
Call for an appointment:

Elgin Community Clinic - 584-3338
Glen Ullin Family Medical Clinic - 348-9175

Glen Ullin Family Medical Clinic - 348-9175
602 Ash Avenue, Glen Ullin

8 a.m.-4:30 p.m. CT Monday, Thursday, Friday
7 a.m.-7:30 p.m. CT Tuesday, Wednesday

Elgin Community Clinic - 584-3338
603 East St. North, Elgin

8 a.m.-4:30 p.m. MT Monday-Friday



**Take steps to
lower your risk
of colorectal
cancer.**

If you haven't had a colorectal screening,
why are you waiting?
Be brave and make that call!

Schedule an appointment
with your provider today!

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Be brave. Be brave. Be brave.

Why do I need to be brave?

Colorectal cancer (or colon cancer) is the second leading cause of cancer deaths in the United States. Colorectal cancer is curable when detected early, but less than half of all cases are detected early enough. Colon cancer is one of only two cancers that can actually be prevented with regular screening tests. However, four out of 10 adults are not current with colorectal cancer screening. Routine testing for colorectal cancer can prevent development of this cancer or find it early when it is more treatable.

If you haven't had a colorectal screening, why are you waiting? Be brave and make that call!

Screening is recommended for all individuals between the ages of 50 and 75 years or sooner with certain risk factors. Higher risk factors are: a personal history of colorectal cancer or adenomatous polyps, personal history of inflammatory bowel disease, strong family history of colorectal cancer or polyps, and/or known family history of a hereditary colorectal cancer syndrome.

What are the recommended screening tests for colorectal cancer? There are several options available, including take-home options:

Colonoscopy: looks at the entire colon and rectum, biopsies can be done and polyps removed; recommended every 10 years or more often if necessary. This test is not available at Elgin or Glen Ullin, but we can help you make an appointment elsewhere.

FIT DNA Test (Cologuard)

- Detection test for people declining a colonoscopy; recommended every three years.
- Positive tests should be followed by a colonoscopy.
- Cologuard is not covered by all insurances currently.

Schedule an appointment with your health care provider if you have any of the following symptoms which could indicate colorectal cancer or another problem:

1. Change in bowel habits, such as diarrhea, constipation and/or narrowing of the stool lasting more than a few days

2. Feeling that you need to have a bowel movement that's not relieved when you go
3. Rectal bleeding
4. Blood in the stool or dark stools
5. Cramping or abdominal pain
6. Weakness and tiredness
7. Unintended weight loss

Choose a healthy lifestyle

How can colorectal cancer be prevented?

1. Eat plenty of vegetables, fruits and whole grains
2. Regular physical activity
3. Limit the amounts of red meats and processed meats
4. Limit alcohol intake to no more than two drinks daily for men and one drink daily for women
5. Don't smoke or use any form of tobacco
6. Maintain a healthy weight. Being overweight increases the risk.
7. Screening as recommended