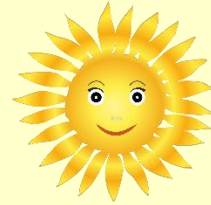


Waterloo Region Nurse Practitioner Led Clinic

Summer 2022 Newsletter



Colon Cancer FACTS

- Colon Cancer is the **THIRD** most common cancer in Ontario (after breast and lung cancer). About 1 in 15 people in Ontario are expected to develop colon cancer in Ontario.
- Colon Cancer is much more treatable if it is detected early – **9 out of 10 people with colon cancer can be cured if it is caught early!**
- Screening is an effective way to detect colon cancer **early**.

Talk to your Nurse Practitioner to find out when and how to screen for colon cancer. The most common test is a stool sample that you can do at home. A colonoscopy or flexible sigmoidoscopy are also used in certain situations.

Screening for most people at average risk of colon cancer – 50-75 years old, no first-degree family members with colon cancer (child, parent, sibling):

- screen every 2 years with a fecal immunochemical test (FIT) (stool sample).
- a flexible sigmoidoscopy (a different kind of colonoscopy) every 10 years.

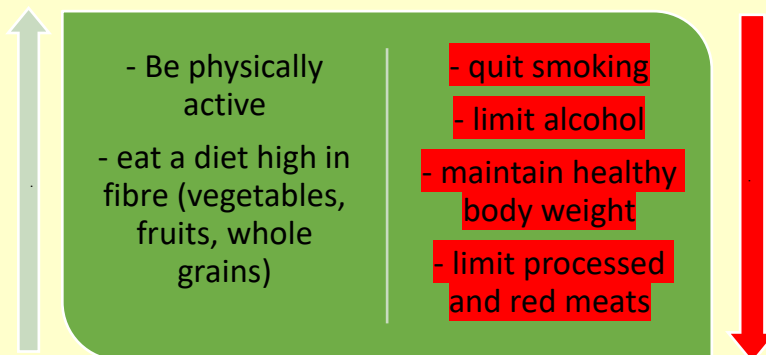
For people at **increased risk of colon cancer** (first-degree family member with colon cancer):

- screening can begin earlier than 50 years old, if your relative was diagnosed with colon cancer before age 60.
- colonoscopy every 5-10 years.

In some cases, a different screening schedule may be used.

How to get screened? Please discuss with your NP provider - a free FIT test (stool test) can be done at home, and a colonoscopy involves a referral to a specialty clinic

What Else Can I Do?



References: Colorectal Cancer Facts. Cancer Care Ontario. Accessed Online May 2022. Colorectal Screening. Cancer Care Ontario. Accessed Online May 2022.

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