

45 IS THE *New 50*

Now “45 is the new 50” to start screening for everyone at average risk for colorectal cancer. Your gastroenterologist can find colon polyps early so they can be safely removed and help to prevent colorectal cancers.



Colorectal Cancer: You Can Prevent It | GI.ORG/COLONCANCER



Did you know?

Colon cancer screening starts at 45 years old

- Colorectal cancer is the third leading cause of cancer related death
- Adults ages 45-75 at average risk should get screened
- Colonoscopy screening can catch cancer at an early stage
- Removing polyps with colonoscopy reduces the risk of colorectal cancer and saves lives!

If you have questions about cancer prevention, please call our Oncology Nurse Navigator:

Mission Hope Cancer Center, Santa Maria: 805.346.3463

Mission Hope Cancer Center, Arroyo Grande: 805.474.5302

If you need a physician, please call 805.270.2513

The most common symptom of early colon and rectal cancers is **NO symptom** so it is important to get screened.



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