

## March is Colorectal Cancer Awareness Month

Colorectal cancer is the third most common cancer for both men and women in the United States. This year, more than 145,000 Americans will be diagnosed with colorectal cancer. Early detection is key. The PEBTF's preventive benefits provide coverage for the following colorectal cancer screening for adults 50 years and older:



- Fecal occult blood testing or fecal immunochemical test (FIT) – annually
- Cologuard – every 3 years
- CT colonography – every 5 years
- Sigmoidoscopy – every 5 years
- Screening colonoscopy – every 10 years

Talk to your doctor about the testing that is recommended for you.

Lifestyle factors that may contribute to an increased risk of colorectal cancer include:

- Lack of regular physical activity
- A diet low in fruit and vegetables and whole grains
- A diet high in red meat (such as beef, pork or lamb) or processed meat (such as bacon, sausage, hot dogs or cold cuts)
- Overweight or obese, especially for those who carry fat around their waists
- Excessive alcohol consumption
- Smoking

Source: [cancer.org](http://cancer.org); [ccalliance.org](http://ccalliance.org)