



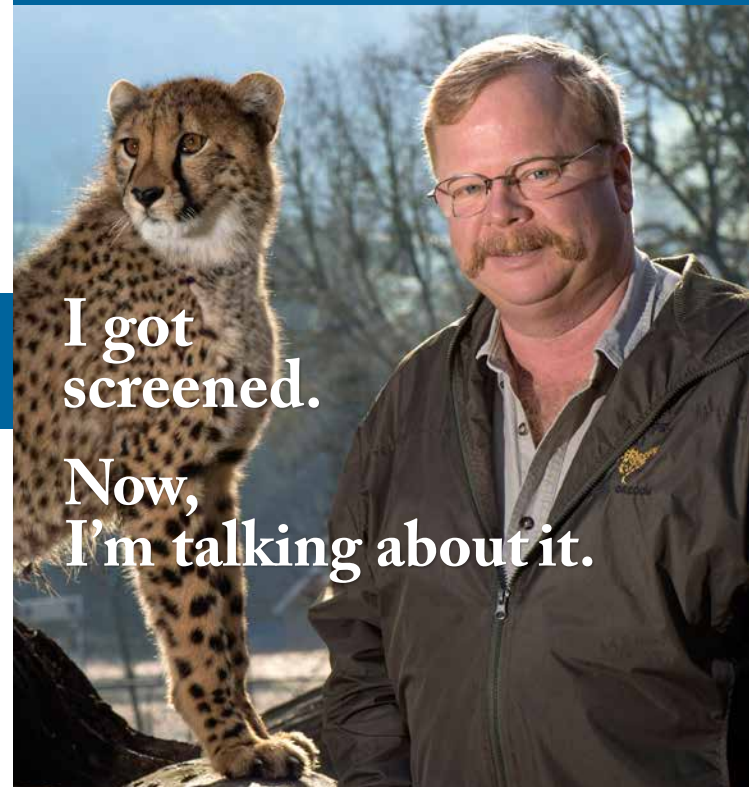
**COLORECTAL CANCER**  
The cancer *you* can prevent.

[www.TheCancerYouCanPrevent.org](http://www.TheCancerYouCanPrevent.org)

To request this publication in another format or language,  
contact the Health Promotion and Chronic Disease  
Prevention section at 971-673-0984.



A Centers for Disease Control and Prevention-funded campaign



**I got  
screened.**

**Now,  
I'm talking about it.**

**Dan Van Slyke**  
Roseburg, Oregon

**Colorectal cancer** is the second most deadly form of cancer, but it doesn't have to be. Screening can prevent it or catch it early when it's highly treatable.

Unfortunately, too few men and women in Oregon are being screened.

If you've been screened for colorectal cancer, please **share your story**.

People are much more likely to get screened if they're encouraged by someone they know and trust:

A spouse or partner.

A friend or coworker.

Their employer or doctor.

If you haven't been screened yet for colorectal cancer, talk to your doctor about the screening option that's right for you.

## Here's what you can tell people you know:

- Colorectal cancer is the second most deadly form of cancer, but it doesn't have to be.
- Screening can prevent cancer or catch it early when it's highly treatable.
- Everyone over 50 (45 for African Americans) should be screened.
- Most insurance plans cover 100% of the cost of screening with no co-pays or deductibles. Even without insurance, there are low cost, reliable options.
- Ask your doctor what's right for you. Then, do what I'm doing. Tell someone else.

And be sure to keep in touch with your doctor about when you need to be rescreened.

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“After having a colonoscopy, I realized how quick and painless it really is. Sure the prep is no fun (just consider it a rite of passage) but the screening itself is over before you know it.”

**Bob Dunas**  
Elkton, Oregon



“When two family members were diagnosed with colon cancer, I didn't hesitate to get screened. My doctor found and removed a polyp right then, before it turned cancerous. I'm so glad I didn't wait.”

**Val Ligon**  
Roseburg, Oregon



“I put off getting screened for colorectal cancer until I learned that it's the second leading cancer killer, and also highly preventable. Then, it was a 'no brainer' and the peace of mind I have now is invaluable.”

**Dan Van Slyke**  
Roseburg, Oregon