



**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.

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Oregon  
**Health**  
Authority



St. Charles  
HEALTH SYSTEM

A Centers for Disease Control and Prevention-funded campaign

**I got  
screened.**

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



**Carson Meyer**  
Sisters, Oregon

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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**Jeff Johnson**  
Bend, Oregon

"If the procedure is a little uncomfortable, a little embarrassing, just remember: If colon cancer is detected early, it can be treated and you can go on to live a very long life. We need to drop that guard down and look at the big picture."



**Corinne Martinez**  
LaPine, Oregon

"It's so important to take an easy test and have the peace of mind that you're okay. It's not like surgery and surgery could be the alternative if you don't get the test."



**Cornelius "Mac" McCormick**  
Bend, Oregon

"With colorectal cancer, if you get it early enough, you can take care of it. If you don't, it's too late... Black men in general don't like to go to doctors and do that kind of personal stuff. If I can encourage more black men to get to the doctor, I want to do that."