



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

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

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Prevention section at 971-673-0984.

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Oregon  
**Health**  
Authority



A Centers for Disease Control and Prevention-funded campaign



**I got screened.**

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

**Mardel Chinburg**  
Eugene, 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.

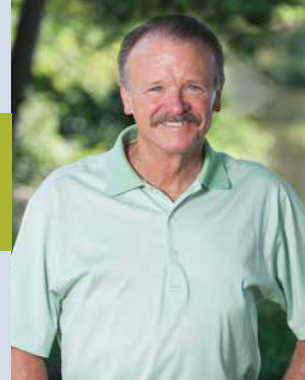
If you haven't been screened yet for colorectal cancer, talk to your doctor about the screening option that's right for you.

## 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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"Getting screened is important. My first test, at 51, revealed several precancerous polyps that were removed. I'm thankful I got screened and discovered them early on. You can't buy back your health, so take charge of it."

**Rick Rebel**  
Albany, Oregon



"My father died from metastatic colon cancer at an early age. We miss him very much. Knowing that his death was preventable strengthens my resolve to encourage and educate others."

**Mardel Chinburg**  
Eugene, 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."

**Corinne Martinez**  
LaPine, Oregon