

# A special request from...



**Wendy Richardson**  
Gearhart Resident

**Mark Gustafson**  
Astoria Resident

**Gretchen Darnell**  
Seaside Resident

## **Colorectal cancer is the second most deadly form of cancer, but it doesn't have to be.**

Screening can prevent the cancer or catch it early when it's highly treatable.

But, too few men and women in Oregon over 50 are being screened. Only 66 percent of Oregonians are getting screened compared to 80.5 percent for mammography and 81.7 percent for cervical cancer screening.

People who have been screened can play a significant role in changing this. Research shows that most people get screened because they were encouraged by someone they know and trust.

**So, if you've been screened for colorectal cancer, please talk about your experience and encourage others to get screened too.**

Consider sharing this information:

- Everyone over the age of 50 should be screened for colorectal cancer, even if they have no family history or symptoms.
- There are several reliable screening options—some cost as little as \$25 and all are covered by insurance.
- Talk to your doctor about the one that is right for you.
- Make and keep your appointment to be screened. Then do what I'm doing: *tell someone else.*

**Learn more at [www.TheCancerYouCanPrevent.org](http://www.TheCancerYouCanPrevent.org).**

**Your story can save a life.**

For more information about how to prevent colorectal cancer, please visit  
**[www.TheCancerYouCanPrevent.org](http://www.TheCancerYouCanPrevent.org)**

Financial assistance is available to uninsured Clatsop County residents.  
Contact Nancy Magathan at Columbia Memorial Hospital at 503-325-4321 x5759.

