



Suggested newsletter content

It may be time to get screened: A colonoscopy isn't your only option

Did you know that, according to the American Cancer Society, colorectal cancer is the second-leading cause of cancer death in the United States for men and women combined? And recently, the American Cancer Society has lowered its recommended screening age to 45 and older.

It's normal to be nervous about what your result might be. However, prevention is the best medicine and screening for colorectal cancer may save your life.

Even if you feel fine and don't have any symptoms, you could have undetected health problems that are easier to manage when caught early. Your health is everything, so why wait? Knowing your results will give you peace of mind or help you address minor issues before they become severe.

Colorectal cancer screening options

There are other ways to get screened. You may be eligible for a quick test in the comfort and privacy of your home as well. Learn more about your options at bcbsm.com/colorectal.

Talk with your primary care provider about the method that's appropriate for you. It may depend on your health history, family history and risks. And then schedule your screening.

Even if you're not due for a screening, you may have loved ones who are. Encourage them to act now to better manage their health.