

## Colon cancer screenings can be a life-saver

If you're over 50 or have other risk factors, screening is essential to detecting colorectal cancer early. Did you know that colon cancer is one of the deadliest cancers? It's the second leading cause of cancer death in the country. It also is one of the easiest to detect and prevent despite the fact that early colon cancer usually has no symptoms.

Age is a major risk factor – nearly 90 percent of colon cancer patients are over the age of 50. African Americans have the highest death rate from colon cancer, and it's the third leading cause of cancer deaths among Hispanics/Latinos. Other risk factors are a family history of colon cancer or polyps, cigarette and tobacco use, physical inactivity and a diet high in animal fats. Your BCN benefits include one yearly colonoscopy starting at age 50.

### Want to know more?

Check out our Guidelines to Good Health on [MiBCN.com](https://www.mibcn.com).



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