



## 50 or Older? It's Time to Get Tested!

Are you or a loved one 50 years of age or older? If so, it's time to talk to your doctor about getting tested for colon cancer.

The American Cancer Society recommends that everyone 50 or older should be tested, and people with a family history of the disease should talk to their doctor about testing earlier.

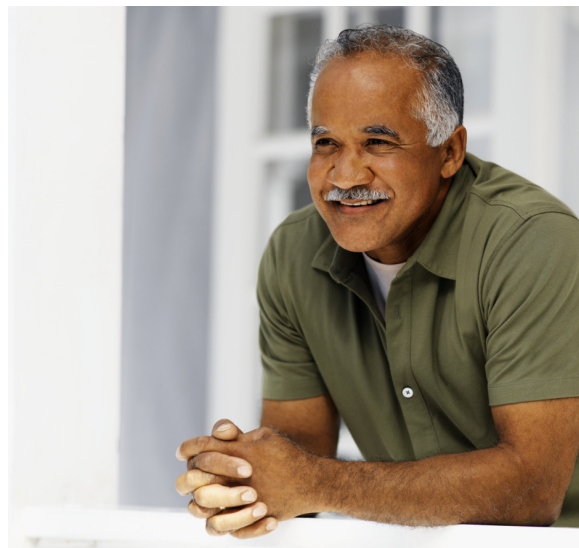
Colorectal cancer is the third leading cause of cancer death among men and women in the United States – and yet it is preventable. Too often, people don't get their tests that could save their life – perhaps because the procedure seems embarrassing.

But colon cancer screenings aren't as dreadful as they are often made out to be. One of the tests, the colonoscopy, can help doctors identify polyps – small growths in the colon which can lead to cancer. Colonoscopies are often recommended over other colon cancer screenings because they allow examination of the entire colon, and because if a polyp is found, it can be removed during the procedure.

Before a colonoscopy, patients are given a medicine to make them drowsy, but remain awake and cooperative. Colonoscopies can be slightly uncomfortable, but are very rarely painful.

Don't wait – talk to your doctor today about what cancer screening tests are right for you.

Source: American Cancer Society



For more information regarding the TeamHealth Wellness Program, go to the Wellness Website ([teamhealth.com/wellness](http://teamhealth.com/wellness)).

Contact [wellness@teamhealth.com](mailto:wellness@teamhealth.com) with any questions you may have.