

COLORECTAL CANCER



Colorectal cancer is the **#2** cause of **CANCER DEATH** in Nebraska

Get the Facts



1 in 20

Nebraskans will develop colorectal cancer in their lifetime

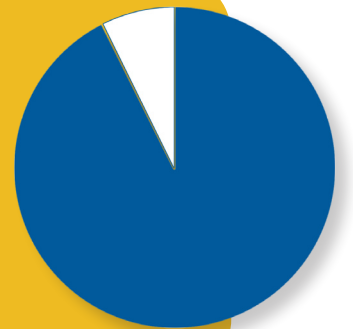
The American Cancer Society estimates **840** new colorectal cancer cases in Nebraska in 2017. Of those, **330** will die from the disease.

1 in 3 adults in Nebraska, age 50-75, are not up-to-date with recommended colorectal cancer screenings.



Colorectal cancer is one of the most preventable cancers. Over **60%** of deaths from this cancer could be avoided with screening.

When caught early, **90%** of those diagnosed with colorectal cancer **will beat it!**



Screening isn't what it used to be

Screening is the #1 way to reduce your risk for colon cancer, but a colonoscopy isn't your only option. There are many screening methods, including an in-home test. Review screening options below.

A simple conversation with your healthcare provider could save your life.

Tests Performed by Your Doctor (May require preparation the day before)

CT Colonography

- Takes an image of the entire colon
- Follow-up colonoscopy required to remove growths

Colonoscopy

- Examines the entire colon
- Removes polyps and precancerous growths

Sigmoidoscopy

- Examines only the lower portion of the colon
- Removes polyps and precancerous growths

In-Home Tests (Colonoscopy required if results are positive)

FIT

- Detects small amounts of blood in stool
- No special dietary requirements

FOBT

- Detects small amounts of blood in stool
- Special pre-test dietary requirements

sDNA (Cologuard)

- Identifies DNA in a stool sample which may indicate precancerous or cancerous cells, also detects blood

Colon Cancer Screening Kit :: COUPON ::

FREE 

Valid March 1 - 31, 2017

www.lincoln.ne.gov
keyword: colon cancer

If you are age 50+, present this coupon at any location below for a free screening kit:

- HyVee Pharmacy (all Lincoln locations)
- Kohl's Pharmacy (27th & Vine Street)
- National Pharmacy (33rd & A Street)
- Russ's Market Pharmacy (all Lincoln locations)
- Super Saver Pharmacy (all Lincoln locations)
- Walgreens (all Lincoln locations)
- Walmart Pharmacy (all Lincoln locations)

Kits made available by the Crusade Against Colon Cancer.

“Just because you do not have a family history of cancer, it does not mean you are immune to the disease.”

- Cheryl Dixon

Photo credit:
Richard Van Gerpen

Overcoming Fear, Screening Saved Cheryl’s Life

Cheryl Dixon credits her fortunate outcome with colorectal cancer as a result of a preventive screening, fine timing, a fantastic healthcare provider and good fortune. She considers herself very lucky.

Twenty years ago, Cheryl had scheduled and canceled two colonoscopies. She was fearful. Friends led her to believe the screening process was horrible. She had no family history of colon cancer and showed no symptoms. Therefore, Cheryl decided she was not going to bother getting one. She was 50.

Men and women should be screened for colon cancer starting at the age of 50 – earlier if they have increased risk factors. You may be at increased risk for colorectal cancer if you or a close relative have had colorectal polyps or colorectal cancer, or if you have inflammatory bowel disease, such as Crohn’s disease or ulcerative colitis.

Twenty years passed. At age 70, Cheryl set out to find a new healthcare provider. She was very healthy, but knew she could need more care at any time. In the past 20 years, she had seen her physician four times and did not have a close relationship with her care provider. She knew it was in her best interest to find a new care provider that she was more comfortable with.

Thankfully, she walked into the office of Lori Mallory, a nurse practitioner in Lincoln. As soon as she stepped into Lori’s office, she felt at ease and comfortable. Cheryl put her complete trust in Lori.

“I will always remember the first day I met Cheryl. She is very positive and happy. I felt an immediate connection with her,” stated Lori Mallory, APRN.

One of Lori’s first recommendations was a colon cancer screening.

“When we talked about screening tests, she was adamant that she was not having a colonoscopy and recanted a few horror stories that had solidified her decision to forego the screening,” added Mallory.

To ease Cheryl’s fear, Lori prescribed an at-home colorectal cancer screening test called a Cologuard. This test identifies DNA and/or blood in the stool, which are associated with colon cancer or pre-cancer. Since Cheryl had no history of colon cancer, it was a good option. Cheryl took the home test and sent it back in. “Thank God for that test, it saved my life”, she stated.

According to the American Cancer Society, colorectal cancer is the second leading cause of cancer deaths among men and women in the United States. Many people have no symptoms, which is why routine screenings are so important. According to the Centers for Disease Control and Prevention (CDC), one in three adults age 50-75 are not up-to-date with recommended colorectal cancer screenings.

The Cologuard test results came back positive. Cheryl needed to schedule a colonoscopy. In Cheryl’s words, “the prep for the colonoscopy was simple; nothing compared to what I had been told.” The colonoscopy results showed a small tumor.

For her 70th birthday, Cheryl had planned to travel with her daughter to Puerto Vallarta to celebrate. She decided to go on the trip. She credits it in easing her worry about surgery. Three days after returning home, she had the surgery, which revealed stage one colon cancer. Her prognosis was good – the cancer had not spread and no additional cancer treatment was needed. The surgeon recommended a follow-up colonoscopy one year after surgery.

Cheryl does not feel like she deserves to wear the badge of ‘Cancer Survivor’. Her cancer was caught early and she did not have to endure cancer treatments (chemotherapy and/or radiation). However, she believes the cancer screening saved her life.

“As a provider, I’m grateful that Cheryl was open to cultivating a trusting relationship with me. Her trust allowed me to share alternative testing options with her. I’m also thankful that Cheryl is willing to share her story. I truly believe that she will impact many through her story. She may not consider herself a cancer survivor, but she should consider herself a healthcare hero, because I do,” Mallory added.

“Just because you do not have a family history of cancer, it does not mean you are immune to the disease. I had no symptoms and was very healthy. I encourage all older adults to get screened. The fear is unwarranted. It may save your life. It is also important to find a healthcare provider you are comfortable with and trust. I feel like Lori was the difference-maker in my healthcare journey.”

Crusade Against Colon Cancer Members

