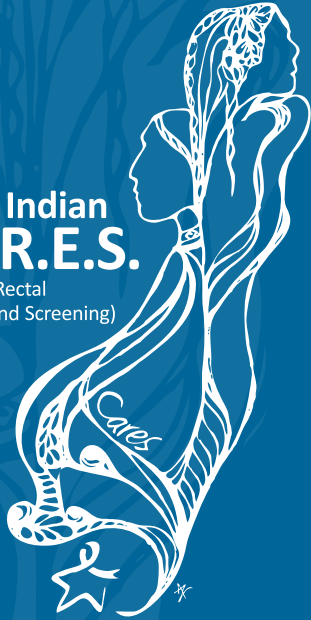


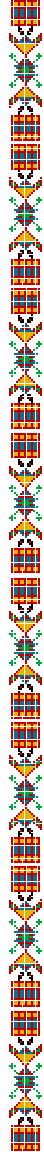
Urban Indian
C.A.R.E.S.
(Colon and Rectal
Education and Screening)



**“We grew up with
words we didn’t
speak, like cancer.”**

- Ruby James,
Yakama, Portland, OR Cancer Survivor

Colon screening can save your life

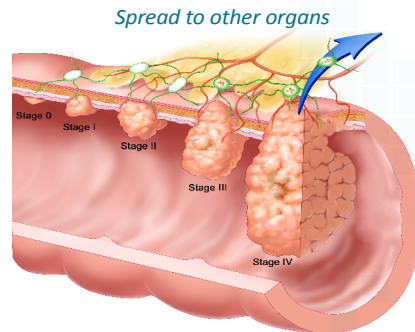
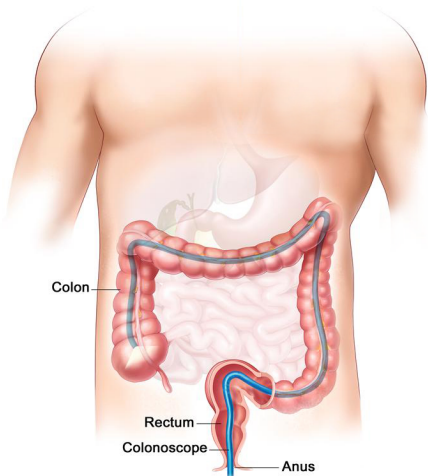


About colorectal cancer

Colorectal cancer develops in the rectum or the colon. Most colorectal cancers grow over many years and start from polyps (soft tumors that are not cancerous).

Screening saves lives

Colorectal cancer can be prevented if you get screened. If anything is found during the screening it can be removed — before cancer grows. And screening can catch cancer early, when treatment is most successful. **Both women and men can get colorectal cancer** and need to be screened.



Start today

Get screened after you turn 50. If you have a family history, start screening earlier. Get screened even if you feel fine. **Colorectal cancer may not have any symptoms.** Don't wait for your doctor to bring it up. Ask to have a colorectal wellness screening TODAY.

There are several ways to get screened:

- Fecal Occult Blood Testing (FOBT) every year
- Flexible sigmoidoscopy (SIG-moid-OSS-ko-pee) every 5 years
- Colonoscopy (KO-lun-OSS-ko-pee) every 10 years

Do it for your family

Sometimes putting yourself first is the best way to take care of your family. You may feel ashamed or embarrassed, but **screening can save your life or prevent an illness.**

Many types of insurance, including Medicare, pay for screening. Some state or local programs also may pay for screening.

Talk to your doctor or local health clinic for more information.

For more information about Urban Indian CARES, contact the Urban Indian Health Institute, Seattle Indian Health Board at (206) 812-3030 or info@uihi.org. Supported by a grant from Prevent Cancer Foundation.