

"OKAY, BUT I CAN'T JUST GO AROUND SHELLING OUT CASH FOR MEDICAL BILLS."

Fortunately, routine colonoscopies are required to be **completely covered by insurance** if you meet the screening conditions on the front.

The Affordable Care Act (ACA) requires that both public and private insurers alike cover the cost of colorectal cancer screening. If you are age 45 or older, and your insurance plan was activated after 2010 (when the ACA was passed), colorectal cancer screening should be covered by your insurance. If you are under the age of 45, and your insurance does not cover screening for colorectal cancer, they may still cover "diagnostic colonoscopies", which are colonoscopies prescribed by your doctor if you are experiencing possible symptoms of colorectal cancer.

If this is not the case, and your insurance does not cover the costs associated with colorectal cancer screening, or you are uninsured, there are often programs available to assist in the cost of colon cancer screening. Two of our favorite programs are listed below:



**ColonoscopyAssist's
Get Healthy Grant**



**Colorectal Cancer Alliance's
Screening Support Program**



ABOUT US

The Citrus Colorectal Cancer Foundation was founded in 2022 by Karen Fisher, a pharmacist and Stage 2 colon cancer survivor; Dr Trupti Shinde, her gastroenterologist and Dr. Parth Patel, her surgeon. We are a 501(c)(3) nonprofit charity whose mission is to provide information about colorectal cancer resources to patients, caregivers and healthcare professionals. We started in Citrus County, Florida but we are here to help anyone, anywhere, all over the world.

VISIT OUR WEBSITE

Learn more about colorectal cancer and screening options at our website.

www.GetScoped.org

**OR, OPEN
CAMERA
APP AND
SCAN ME!**



REACH OUT TO US DIRECTLY:

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LET'S TALK COLON CANCER SCREENING

DON'T DIE OF EMBARRASSMENT!



Not-So-Fun Fact: Colorectal Cancer affects more younger people each year, including people in their thirties, twenties, and even teens. It's not just an 'old man's disease.'

PRESENTED BY



**Citrus Colorectal
Cancer Foundation**

DID YOU KNOW? COLORECTAL CANCER IS THE 2ND LEADING CAUSE OF CANCER DEATH IN THE U.S. WITH **50,000** DEATHS EVERY YEAR



of these deaths are **preventable** with regular screening.

Unfortunately, people put off their screening all the time ...

I'm too busy

Colonoscopies take as little as 10 minutes.

I don't want a colonoscopy

There are many other ways to get screened.

Nobody in my family has cancer

Only a third of people diagnosed with colon cancer have a family history of the disease.

WHAT'S YOUR EXCUSE?

WHAT SHOULD I LOOK OUT FOR?

If you wait for symptoms to appear, it might already be too late. Often times, symptoms of colorectal cancer won't appear until the disease has progressed, spreading to other parts of the body, where it is much harder to treat.

If you're having any of the following symptoms, **no matter what age you are**, it's probably a good idea to contact your doctor about colorectal cancer screening:

- Blood in stool (in the toilet)
- Change in bowel habits (constipation/diarrhea)
- Unexplained weight loss (even if you like it)
- Extreme fatigue (low energy)
- Abdominal pain or belly aches

It might not be hemorrhoids, IBS or gluten intolerance—the only way to know for sure is to get scoped.

The moral of the story ...

COLORECTAL CANCER IS VERY MUCH A PAIN IN THE BUTT, THOUGH IT DOESN'T ALWAYS SHOW UP THAT WAY.

GET SCOPED.



WWW.GETSCOPED.ORG

WHO NEEDS SCREENING?

Everyone should be scoped at least **every 10 years beginning at the age of 45**. However, the Center for Disease Control recommends those with the following conditions to be scoped before age 45 or at closer intervals:

- Inflammatory Bowel Disease
- Ulcerative colitis or Crohn's Disease
- Familial adenomatous polyposis (FAP)
- Lynch Syndrome
- Family history of colorectal cancer

WHAT DO WE MEAN BY "SCREENING"?

The traditional **colonoscopy** is the "gold standard". With a colonoscopy, your gastroenterologist will be able to easily spot cancer, as well as remove polyps (growths) before they turn into cancer. You will be asleep the whole time and it is completely painless. The preparation is no fun but there are newer bowel cleansing options besides the giant jug of salty solution. There are also newer alternatives to a colonoscopy, such as:

- **Guaiac-based Fecal Occult Blood Test (gFOBT):** an at home test to see if there is blood in the stool (poop).
- **FIT-DNA Test:** an at home test which looks for changes in DNA present in the stool. (Cologuard®)
- **Virtual Colonoscopy (CT Colonography):** procedure in which x-ray images are collected using a CAT Scan to make a series of pictures of the entire colon.

If these alternative tests come back positive, you will need to have a colonoscopy for confirmation.

Contact your doctor to see if you are eligible for any of these tests and/or your insurance company to see if they are covered.