

Guidelines have recently changed.



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Colorectal cancer is the third leading cause of cancer deaths in the United States.

It develops in the inner lining of your colon (large intestine) or rectum when polyps, or small growths, become cancerous over time.

Are You at Risk?



While anyone can develop colon cancer, certain factors may put you at an increased risk. In general, men and people who are Black are more likely to develop colon cancer. Other risk factors include:

- Your age.**
 Most cases of colon cancer are found in people 50 and older, but an increasing number of cases are being diagnosed in people aged 20 to 49.
- Having certain medical conditions.**
 Chronic conditions like inflammatory bowel disease can increase your risk of colon cancer.
- Your family history.**
 If your family has a history of colon cancer or polyps, your risk of developing colon cancer may increase.
- Your lifestyle.**
 Smoking, drinking alcohol excessively and obesity are all risk factors for colon cancer.

Know the Symptoms

Symptoms of colorectal cancer include:

- bowel habit changes
- blood in stool
- diarrhea, constipation or not able to empty bowel completely
- pain in the abdomen, aches or cramps that persist
- unexplained weight loss

Get Your Colonoscopy

Screening for colorectal cancer includes a colonoscopy. It's a procedure where a doctor uses an instrument to look at the colon and rectum. A colonoscopy is recommended for adults 45 and older once every ten years. Depending on your risk factors, you may need a colonoscopy earlier or more frequently.

Don't Wait to Get Screened

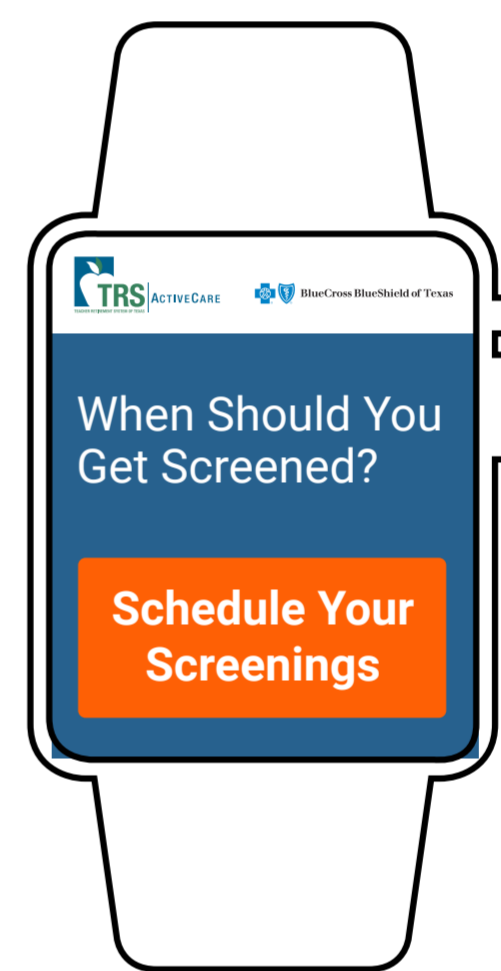
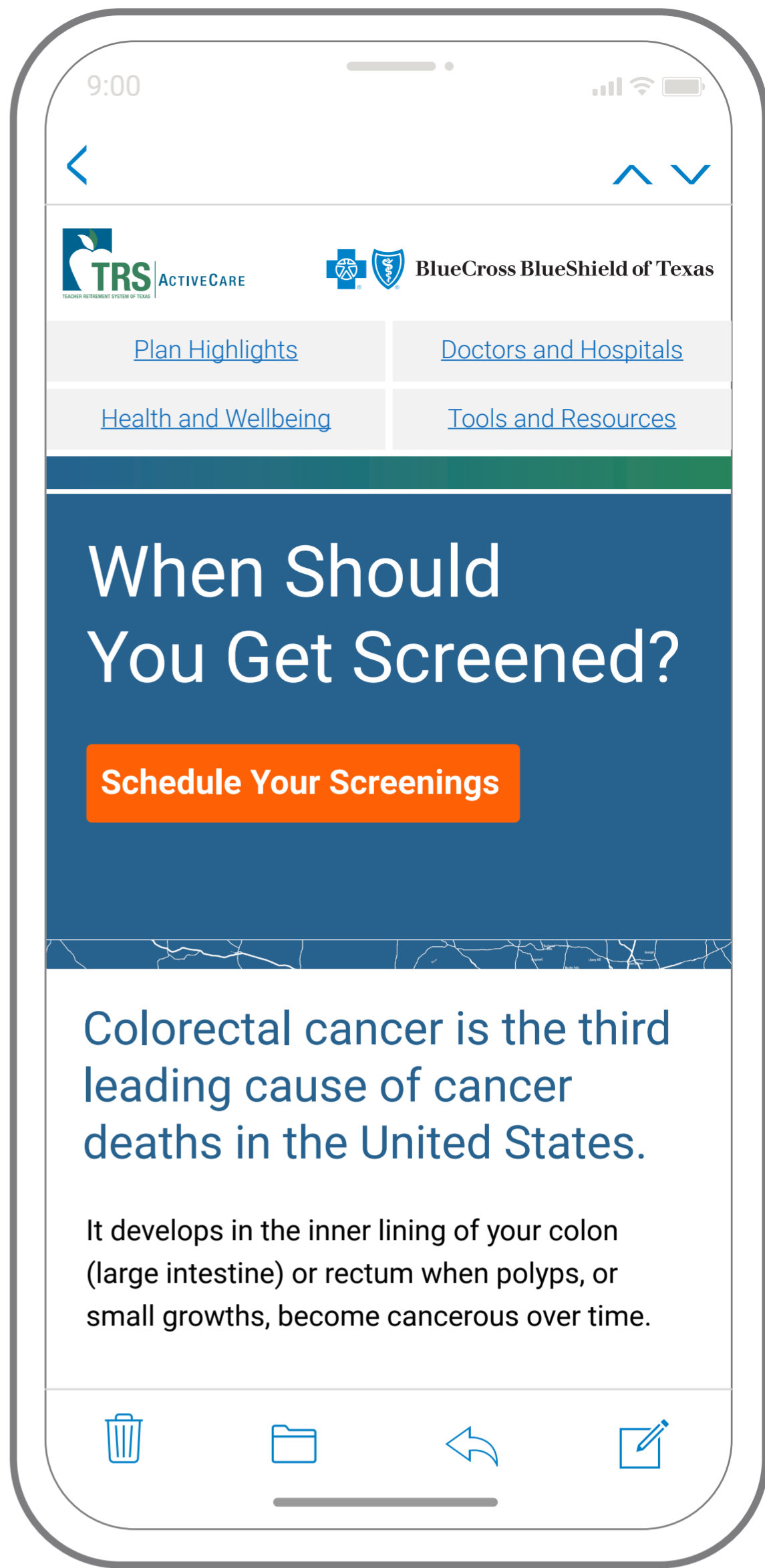
Many kinds of cancer can be treated successfully if caught early, including colon cancer. That's why getting screened is so important. Talk to your doctor about your family history and schedule your screening when recommended.

TRS-ActiveCare plans cover 100% of your preventive care, which includes annual wellness exams and colonoscopies beginning at age 45.



Don't have a PCP? Use [Provider Finder](#)® to find one. If you need help finding a provider or scheduling an appointment, talk to a Personal Health Guide. Chat in the BCBSTX App or call **1-866-355-5999**, 24/7.

[Schedule Your Screenings](#)



www.bcbstx.com/trsactivecare



Sources:

[Colorectal Cancer](#), American Cancer Society

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