DIGESTIVE HEALTH PHYSICIANS ASSOCIATION®

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THE VALUE OF COLONOSCOPY

Who Should Be Screened?

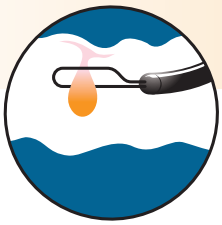
30% of people diagnosed have **a family history** of colorectal cancer and are more likely to be diagnosed at an earlier age[1]

1 in 5 colorectal cancer cases are now in **people under age 55**[1]

The American Cancer Society recommends average-risk people start screening at age **45**[2*]

**Depending on family history, screening may be recommended at age 40 or younger*

Colonoscopy: The Gold Standard



The only screening that detects and prevents cancer[3]

The only test recommended for people with risk factors such as personal history of polyps or cancer, family history of cancer, or inflammatory bowel disease.[3,4,5]

The best test for finding precancerous polyps[3]

Prevents colon cancer by **removing polyps before they can turn into cancer**[3,4,5]

How Often is Colonoscopy Recommended?

Colonoscopy is **the only test recommended at 10-year intervals** for asymptomatic patients at average risk[3,5,6]

Your gastroenterologist will recommend the interval of repeat colonoscopy based on findings during colonoscopy and surveillance guidelines

10 YEARS

REFERENCES: **1.** American Cancer Society. Colorectal Cancer Facts & Figures 2023-2025. https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/colorectal-cancer-facts-and-figures/colorectal-cancer-facts-and-figures-2023.pdf **2.** American Cancer Society. American Cancer Society Guideline for Colorectal Cancer Screening. https://www.cancer.org/cancer/colon-rectal-cancer/detec-tion-diagnosis-staging/acs-recommendations.html. **3.** American Society of Gastrointestinal Endoscopy. Colorectal Cancer Screening, Which Test Should You Get? https://www.asge.org/docs/default-source/default-document-library/colorectalscreening_poster_2020_digital.pdf. **4.** Patel S, May F, Anderson J, et al. Updates on Age to Start and Stop Colorectal Cancer Screening: Recommendations From the U.S. Multi-Society Task Force on Colorectal Cancer. Gastroenterology 2022;162:285–299. https://doi.org/10.1053/j.gastro.2021.10.007. **5.** Rex D, Boland C, Dominitz J et al. Colorectal Cancer Screening: Recommendations for Physicians and Patients from the U.S. Multi-Society Task Force on Colorectal Cancer. The American Journal of Gastroenterology 2017;112:1016-1030. http://doi.org/10.1038/ajg.2017.174. **6.**Gupta S, Lieberman D, Anderson JC, et al. Recommendations for Follow-Up After Colonoscopy and Polypectomy: A Consensus Update by the US Multi-Society Task Force on Colorectal Cancer. Gastrointest Endosc. 2020 Mar;91(3):463-485.e5. doi: 10.1016/j.gie.2020.01.014. All links accessed February 14, 2024.

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COLORECTAL CANCER: AM I AT RISK?

Colorectal Cancer (CRC) Disparities in the U.S.[1]

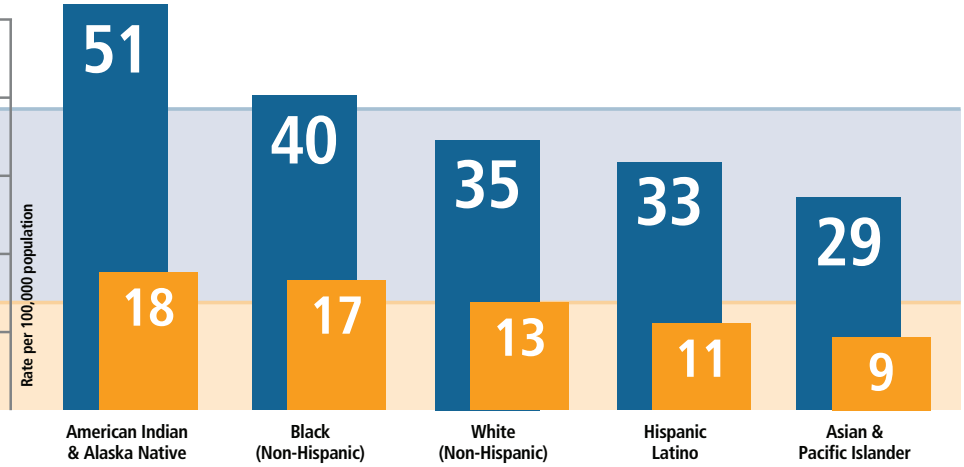
Colorectal Cancer Incidence (2018-2022) and Mortality (2019-2023) Rates by Ethnicity/Race, U.S.

2016-2020 Average Diagnoses per 100,000: **35**

Expected U.S. CRC Diagnoses in 2026:
158,850

2016-2020 Average Deaths per 100,000: **13**

Expected U.S. CRC Deaths in 2026:
55,230



Did You Know?

Disparities are driven by socioeconomic status and differences in access to early detection and treatment[2,3]

Screening is lowest among:[5]

- Ages 45-49 years (37%)
- Asian Americans (58%)
- Individuals with less than a high school education (51%)
- The uninsured (25%)
- Recent immigrants (43%)

Blacks and Hispanics are less likely to get prompt follow up after abnormal screening results and more likely to be diagnosed with late stage cancer[2,3,4]

When diagnosed at an early stage, survival rates are similar across all racial and ethnic groups[6]

How Can I Help Reduce CRC Disparities?

Ask your primary care or GI physician about available CRC screening options[7,8]

Schedule a screening colonoscopy at age 45[9]

REFERENCES: 1. American Cancer Society. Cancer Facts & Figures 2026. https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2026/2026-cancer-facts-and-figures.pdf 2. Carethers JM. Racial and ethnic disparities in colorectal cancer incidence and mortality. Adv Cancer Res. 2021;151:197-229. doi: 10.1016/bs.acr.2021.02.007. Epub 2021 May 5. PMID: 34148614; PMCID: PMC9069392. 3. Heintzman JD, Ezekiel-Herrera DN, Quiñones AR, Lucas JA, Carroll JE, Gielbultowicz SH, Cottrell EC, Marino M. Disparities in Colorectal Cancer Screening in Latinos and Non-Hispanic Whites. Am J Prev Med. 2022 Feb;62(2):203-210. doi: 10.1016/j.amepre.2021.07.009. Epub 2021 Oct 11. PMID: 34649735. 4. Castañeda SF, Gallo LC, Nodora J, Talavera GA, Penedo FJ, Evenson KR, Lopez-Gurrola M, Smoller-Wassertheil S, Sanchez-Johnsen LAP, Gonzalez P, Perreira KM, Gupta S. Colorectal cancer screening among Hispanics/Latinos in the HCHS/SOL sociocultural ancillary study. Prev Med Rep. 2019 Jul 4;15:100947. doi: 10.1016/j.pmedr.2019.100947. PMID: 31360630; PMCID: PMC6639649. 5. National Colorectal Cancer Roundtable. 80% in Every Community. https://nccrt.org/our-impact/80-in-every-community 6. Siegel RL, Wagle NS, Cercek A, Smith RA, Jemal A. Colorectal cancer statistics, 2023. CA Cancer J Clin. 2023; 73(3): 233-254. doi:10.3322/caac.21772. 7. Patel S, May F, Anderson J, et al. Updates on Age to Start and Stop Colorectal Cancer Screening: Recommendations From the U.S. Multi-Society Task Force on Colorectal Cancer. Gastroenterology 2022;162:285–299. https://doi.org/10.1053/j.gastro.2021.10.007. 8. Rex D, Boland C, Dominitz J et al. Colorectal Cancer Screening: Recommendations for Physicians and Patients from the U.S. Multi-Society Task Force on Colorectal Cancer. The American Journal of Gastroenterology 2017;112:1016-1030. http://doi.org/10.1038/ajg.2017.174. 9. American Cancer Society. American Cancer Society Guideline for Colorectal Cancer Screening. https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html.