

# TEXAS C-STEP

Cancer Screening, Training, Education & Prevention

**Physicians recommend that all people aged 45 or older should have regular screenings to reduce their risk for colorectal cancer.**

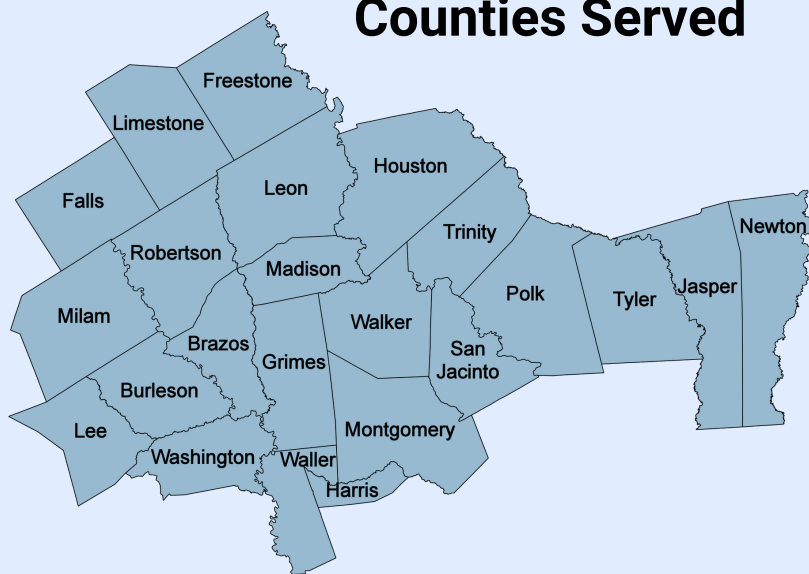


## Our Service

Texas C-STEP offers **FREE** screening services (i.e., colonoscopy, at-home stool test, and testing for Hepatitis C) to uninsured, or qualifying underinsured persons.

**Colorectal Cancer is the second leading cancer killer in the U.S. among cancers that affect both men and women. Routine screening for colorectal cancer beginning at age 45 can save lives!**

## Counties Served



TO SPEAK TO A LOCAL COMMUNITY HEALTH WORKER ABOUT YOUR OPPORTUNITY FOR COLORECTAL CANCER SCREENINGS, PLEASE CALL: **979-436-0443**



**Texas A&M HEALTH FAMILY CARE**  
2900 E 29th St., Bryan, TX 77802  
**Se habla Español**



<https://cstep.tamu.edu>



CANCER PREVENTION & RESEARCH  
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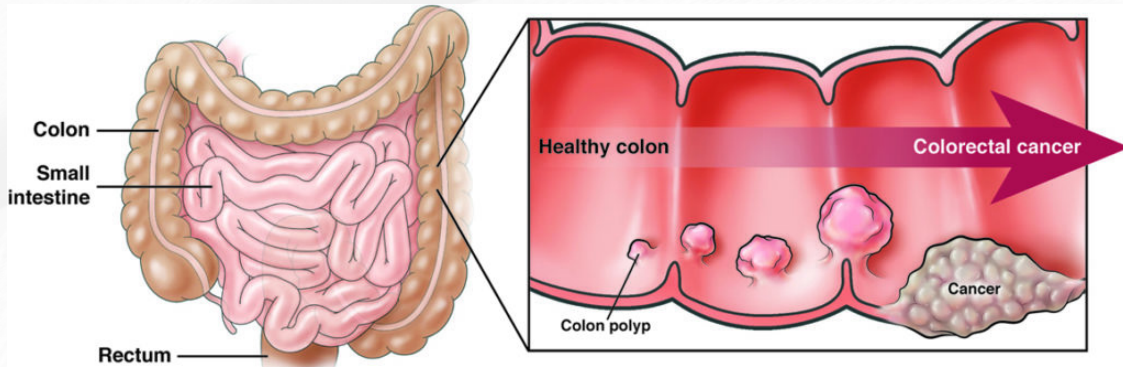
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**HEALTH**

## What is Colorectal Cancer?

The colon is the large intestine or large bowel. Sometimes, abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer. Colorectal cancer is a disease in which cells in the colon or rectum grow out of control. Sometimes it is called colon or rectal cancer, for short.



### Symptoms of Colorectal Cancer

- Bleeding from the rectum or blood in or on stool
- Persistent problems in the abdomen, such as stomach pains, aches, feelings of fullness, and cramps
- Unexplained weight loss
- Stools that are narrower than usual

#### You may be at increased risk if:

- You or a close relative have had colorectal polyps or colorectal cancer
- You have inflammatory bowel disease such as Crohn's disease or ulcerative colitis
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome)
- You use tobacco, are obese, or live a sedentary lifestyle

**Caution: People do not always have symptoms, especially at first or in early stages.**

### Screening Tests

#### • FIT Test

- This test is used to detect blood in stool that cannot be seen with the naked eye by submitting 1-3 bowel movements.
- Once a year starting at age 45 if not high risk.

#### • Colonoscopy

- Simple and safe procedure in which your doctor uses a long tube with a light and camera to detect polyps or cancer inside the rectum and the entire colon.
- During the test, the doctor can find and remove most polyps and some cancers.
- If the procedure is normal then repeat usually every 10 years, otherwise repeat will depend on the number, size, and type of polyps found.



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