



## There's a NEW Age to Start Screening

Age 45 is now recommended as the time to start screening for colorectal cancer among all average risk adults according to the American College of Gastroenterology and American Cancer Society.

### ► An Important Change

This is an important change from earlier guidelines that used to recommend starting at age 50 for most people and age 45 for African Americans only. Now "45 is the new 50" to start screening for everyone at average risk for colorectal cancer.

**45**  
is the **NEW**  
**50**

### ► Get Screened

Do not put off needed health care, especially preventive tests.

Remember, the most common symptom of early colon and rectal cancers is NO symptom, so it is important to get screened starting at age 45.



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### MORE INFORMATION

Scan the QR code to learn more about the value of colonoscopy in the prevention of colorectal cancer.

