The Value of Colonoscopy

Colonoscopy: The Gold Standard

The only screening that detects and prevents cancer

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.

The best test for finding precancerous polyps

Prevents colon cancer by removing polyps before they can turn into cancer

Reduces the incidence of cancer by 89%

When Should I Start Screening?

The American Cancer Society and the U.S. Preventative Services Task Force recommend average-risk people start screening at age 45.

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

How Often is Colonoscopy Recommended?

Colonoscopy is the only test recommended at 10-year intervals if no polyps are found.

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

References:
Colorectal Cancer (CRC) Disparities in the U.S.

Expected U.S. CRC Diagnoses in 2021: 149,500
Expected U.S. CRC Deaths in 2021: 52,980

Black (Non-Hispanic): 46
American Indian & Alaska Native: 43
White (Non-Hispanic): 39
Hispanic Latino: 34
Asian & Pacific Islander: 30


Did You Know?

Disparities are driven by socioeconomic status and differences in access to early detection and treatment.

American Indians and Alaska Natives are the only groups for which CRC death rates are not declining.

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.

CRC rates in Japanese men are 23% higher than in Non-Hispanic White men.

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

What Should I Do?

Ask your primary care or GI physician about available CRC screening options.

Schedule a colonoscopy or FIT stool test at age 45.

References: