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SASKATCHEWAN CANCER AGENCY

COLORECTAL CANCER SCREENING: PROVIDING PEACE OF MIND

Colorectal cancer is the second leading cause of cancer related deaths in men and women, but an easy-to-use test done once every two years in the privacy of your home can help you stay one step ahead of your health.

"Colorectal cancer is 90 per cent preventable with a healthy lifestyle that includes regular exercise, eating right, maintaining a healthy weight and cancer screening," said Scott Livingstone, President and Chief Executive Officer of the Saskatchewan Cancer Agency. "When colorectal cancer is detected early, the outcome is improved for patients."

The Saskatchewan Cancer Agency's Screening Program for Colorectal Cancer uses a fecal immunochemical test (FIT), which looks for blood in the stool that is not visible to the naked eye. There are no dietary or medication restrictions, and only one sample is needed. The test kits are mailed or delivered to eligible residents between the ages of 50 and 74.

Between January 1, 2013 and December 31, 2014, over 140,000 residents participated in the screening program.

"I encourage people to complete the test when they receive it, as we know that early detection can save a life," said Livingstone. "It only takes a few minutes to do, but it can provide a great peace of mind to you and your family."

In 2014, approximately 760 new cases of colorectal cancer were diagnosed in Saskatchewan and an estimated 270 people died from the disease.

For more information on the Saskatchewan Cancer Agency's continued commitment to early detection and prevention, visit www.saskcancer.ca.

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