



# You clean up after them. Now take care of yourself.

If you're 45 or older, you can prevent colorectal cancer by getting regular screenings. Screenings help catch colorectal cancer early, when it's easier to treat.

Colorectal cancer screenings now come in many options, including simple tests you can do yourself. Talk to your provider if you qualify for a FIT kit (fecal immunochemical test), which checks your stool (poop) for signs of colorectal cancer.

## Get screened for colorectal cancer and take control of your health.