



**SISC**  
Self-Insured Schools of California  
Schools Helping Schools

**contigo**health 

## News and cancer treatment options for SISC members

Volume 1

Issue 2

# Colon Cancer

What to know ● Where to turn



## Increasing diagnosis among younger patients shifts age guidelines.

**Colorectal cancer rates have been on the rise in the U.S., which has prompted a lowering of the recommended screening age from 50 to 45.**<sup>1</sup> Currently, colorectal is the third most common form of cancer, diagnosed in both men and women at similar rates (1 in 21 American men, 1 in 23 women).<sup>2</sup>

Colorectal cancer begins as polyps in the last section of the gastrointestinal tract, where what we eat becomes solid waste. Left untreated, these polyps can become cancerous and can spread through the walls of the colon to other parts of the body.

## Symptoms to beware of

See your physician if you notice these possible signs of colorectal cancer:

- Sharp or unusual abdominal pain or cramping
- Blood in the stool or bleeding from rectum
- Unexplained weight loss or loss of appetite
- Extreme changes in shape or frequency of your bowel movements

As with virtually all forms of cancer, early detection and diagnosis of colorectal cancer is important to successful treatment.

## The journey forward following diagnosis.

**Do you or a loved one show signs of colon cancer?** We encourage you to talk to your physician who may schedule a colonoscopy. If diagnosed with colorectal cancer, you have the benefit of an expert evaluation with National Cancer Institute (NCI)-designated facilities as part of Contigo Health's Oncology Centers of Excellence (COE) program. This can reduce anxiety and help you focus on the right treatment option. It's natural to have questions and concerns.

**/// As a SISC member, you should know about enhanced benefits, including the Contigo Health COE Program, which provides access to evaluation and treatment plans from the highest level of cancer specialists, at no direct cost to covered members.\***

## Here for members throughout the process.

We are here to help guide members along the way, including enrolling them in the Oncology COE Program, administered by Contigo Health, LLC.

## /// Why Screenings Matter

Some early stages of colorectal cancer may not show obvious symptoms or can be mistaken for common gastrointestinal discomfort. Often, it's not until late-stage cancer or when it spreads beyond the colon that symptoms finally appear.<sup>3</sup>

This is why regular colon screenings are recommended by the U.S. Preventative Task Force beginning at age 45.<sup>3</sup> You may need to be tested earlier in life if you have a family history of colon cancer or if you have existing conditions such as IBS or Crohn's disease.<sup>3</sup>

## Learn more today.

Visit [sisc.contigohealth.com](https://sisc.contigohealth.com) or call toll-free (877) 220-3556. (Mon. – Fri., 6 a.m. – 6 p.m. PST) to speak with a Contigo Health Cancer Care Member Advocate.



\*The content contained herein is for educational and informational purposes only and shall not be construed as tax or medical advice. Nothing contained herein shall be construed as a guarantee of benefits. You must maintain eligibility to have access to the program. Limited conditions may be excluded from the programs. Terms and conditions apply. Per IRS guidelines, this benefit is subject to deductible for HSA members.

<sup>1</sup> <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>

<sup>2</sup> [https://www.cdc.gov/cancer/colorectal/basic\\_info/screening/index.htm](https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm)

<sup>3</sup> <https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html>