

Colorectal (Colon) Cancer Facts:

- Colorectal cancer is the second leading cause of cancer related deaths in Canada
- On average, 423 Canadians will be diagnosed with colorectal cancer and 175 will die from this disease every week
- Colorectal cancer is one of the most preventable forms of cancer. If screened and caught early, the chances of survival increase by 90%
www.coloncancer.ca

Those at increased risk include:

- People aged 50 or older
- Individuals who consume a high fat, low fibre diet
- Individuals with inflammatory bowel disease (ulcerative colitis or Crohn's)
- Overweight individuals and those who are physically inactive
- Smokers and those who consume excessive amounts of alcohol
- Those with a family history of colorectal cancer (parent or sibling)

Symptoms of Colon Cancer may include:

- A change in stool size and texture, gastrointestinal bleeding, or stomach discomfort
- Diarrhea, constipation or feeling that your bowel does not empty completely
- Severe weight loss, unexplainable fatigue and nausea

LifeLabs has nearly 50 years experience serving the healthcare needs of Canadians.

Our laboratory testing services help physicians and other healthcare providers in the prevention, diagnosis, treatment and monitoring of disease and illness in patients. Our tests help to:

- Determine health risks and preventive steps;
- Diagnose and detect the onset of disease;
- Identify suitable treatments and reactions; and
- Monitor and adjust treatments as required.

Every year across Canada LifeLabs:

- Sees over 10 million patients
- Conducts over 50 million lab tests
- Provides service to nearly 20,000 physicians

We care about helping patients and physicians and we use our knowledge of laboratory medicine to help identify the right course of action to improve healthcare outcomes.

FIT Colon Cancer Test



(Fecal Immunochemical Test)



For more information please contact LifeLabs:

- toll free at 1-800-663-9422
- email at Contract.Service@lifelabs.com
- or visit our website at www.lifelabs.com

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A New Colorectal Cancer Screening Test

LifeLabs Medical Laboratory Services offers a convenient, reliable screening test for detecting Colorectal Cancer. Ask your doctor if it is right for you.



Fecal Immunochemical Test (FIT)

What is the FIT Test?

FIT is an immunochemical fecal occult blood test that is an alternative to the older method of screening for colorectal cancer.

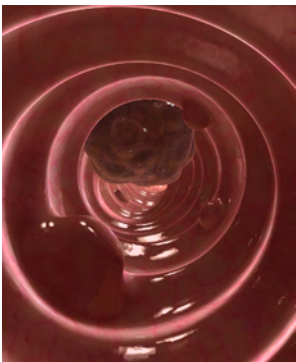
How does FIT technology differ from the traditional screening test?

The FIT test is specifically designed to test for the presence of human hemoglobin in feces. It has higher sensitivity and specificity which decreases the risk of false positives and false negatives.

How is the sampling procedure different?

The process of preparing for and providing a sample under the FIT process is greatly simplified because:

- There are no dietary restrictions;
- There are no changes required to your medication;
- Only one sample is required over one day (as opposed to multiple samples required under the old method);
- Patients can provide the sample with ease and no interruption to their daily routine.



Are there any other benefits?

Studies have shown that the convenience of providing samples through the FIT method results in higher completion rates. Proper screening increases survival rates by detecting colorectal cancer earlier.

About Colorectal Cancer

What is Colorectal Cancer?

Colorectal cancer develops in the colon or rectum. In most people, colorectal cancers develop slowly over a period of several years. It usually begins as a non-cancerous polyp, which may eventually change into cancer.

Is it curable?

Colorectal cancer can be cured if caught early. The key is to be screened regularly, particularly if you are at risk.

Who should be screened?

The Canadian Association of Gastroenterology and the Canadian Digestive Health Foundation recommend that individuals aged 50 years and older, or those with a family history of colorectal cancer, be screened every 2 years.



••••• **The best screening test is the one that gets done**
Studies have shown that the convenience of the FIT test results in higher completion rates

The Testing Process

Where do I go to get tested?

Testing is available through LifeLabs network of collection and testing facilities across BC.

What type of sample is required?

FIT requires one fecal (stool) sample, unlike traditional methods which require three samples collected over three days.

How do I get tested?

Obtain a requisition from your physician and take it to a LifeLabs patient service centre. A collection kit will be provided to you. Take the kit home and follow the instructions.

How long will it take for my results?

Test results will be available within 7 – 10 days from time of collection.

What is the cost of testing?

A fee of \$35 will be charged for the collection kit. Results will be provided to your physician at no charge.

Is it covered by insurance?

The FIT test is not currently covered under provincial health plans; however, it may be covered by your private insurance plan. You should check with your individual plan.

How do I pay for the service?

Payment may be made by Visa, MasterCard, debit, cash or cheque. The fee will be charged when you pick up the collection kit.