

Preventive screenings can save your life

When you know more, you can better protect your health.

Protect your health today

Colon cancer is easy to prevent. Plus, the survival rate is 90 percent when found early and treated.

If you have already started your regular screenings, good for you. If not, talk to your doctor today.

Sure, it may seem uncomfortable at first talking about something so personal. But, your life is worth saving.

Men and women: know your risks

Colon cancer is just as common in women as it is in men. Most cases occur in people age 50 and over who have no family history of the disease.¹

If you're age 50 or over, make sure you get tested. If you're under 50, and have a family history or other risks, you may need to start your screenings earlier.

Stop cancer before it starts

Getting regular screenings can actually keep your colon healthier, and can stop cancer from forming.

Screening tests help find and remove abnormal cells and growths, called polyps, **before** they turn into cancer.

Regular screenings can also help you find cancer early — when it's easier to treat and easier to beat.

¹American Cancer Society. They know how to prevent cancer and you can too [publication online]. No. 243900—Rev.01/07. Available at www.cancer.org. Accessed May 2, 2007.



Screenings are safe and easier than you may think

Preventive screenings are covered under your plan. Follow your plan instructions to make sure you receive the highest level of coverage under your plan.

There is more than one way to get tested, including:

- **Fecal occult blood test** — You collect small samples of your feces in your own home. Then, you return these samples to your doctor or lab for testing.
- **Flexible sigmoidoscopy** — Your doctor uses a thin, lighted tube to look inside your rectum and lower colon. Any growths found are sampled and tested.
- **Colonoscopy** — This test is like a sigmoidoscopy, but it goes farther inside the colon. Your doctor can take a piece of any growth or abnormal tissue and then test it.
- **Barium enema** — A fluid called barium will be sent through your rectum into your colon. Air is pumped in and an x-ray is taken.

Most tests do not require pain medication. If you have a colonoscopy, you'll get sedation to help you relax and keep you comfortable.

Talk to your doctor. Get your screenings. Save your life. Visit www.aetna.com for more information.

Talk to your doctor to see what's best for you

Ask your doctor which screening tests you need and how often you should be screened. Find out if you'll need pain medication or sedation, and what your health plan covers.

The American Cancer Society¹ suggests asking the following questions:

- Should I get tested for colon cancer?
- Which test is right for me?
- How do I prepare for the test?
- What happens during the test and what will I feel?
- What other tests for cancer should I have?

The more you know, the more comfortable you will feel. Schedule your test today and encourage your loved ones to do the same.

¹American Cancer Society. They know how to prevent cancer and you can too [publication online]. No. 243900–Rev.01/07. Available at www.cancer.org. Accessed May 2, 2007.



As an Aetna member, you are covered for certain types of sedation during a colonoscopy. What you are covered for depends on your health history and any special needs you have. For example, conscious sedation is covered for most healthy individuals under the age of 65. Monitored anesthesia, which requires the presence of an anesthesiologist, is covered for older people and others with special health needs.

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