



Pledge to be Aware of Colon Cancer

Relay For Life

Colon Cancer Awareness Zone!



Did you know that colon cancer can be prevented with early colon cancer screening through the removal of polyps?

Did you know that colon cancer affects men and women equally?

Help the American Cancer Society reach its goal to save more lives from colon cancer. Pledge to be up-to-date on your colon cancer screening. Ask someone you care about to be up-to-date. Complete the pledge form below and save someone's life today.

If you are 50 and older, you should have one of these tests. Talk with your doctor about the best test for you.

If you are younger than 50, suggest the following screening guidelines to a family member, friend, or co-worker.

- Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT) every year
- Flexible sigmoidoscopy every five years
- Double Contrast Barium Enema every five years
- Colonoscopy every 10 years

1.800.227.2345 / www.cancer.org



Colon Cancer Awareness Zone Pledge



I PLEDGE TO FULFILL THE FOLLOWING (PLEASE CHECK ALL THAT APPLY):

_____ I am 50+ and have scheduled and will keep my appointment for colon cancer screening by August 1st of this year.

_____ I am 50+ and am in compliance by having a FOBT or FIT within the past year; a flexible sigmoidoscopy or a double contrast barium enema in the last five years; or a colonoscopy in the last 10 years.

_____ Regardless of my age, I will ask someone who is 50+ to schedule an appointment for colon cancer screening by August 1st of this year. Name of person you will talk with _____

Is this person a: Relative _____ Friend _____ Co-worker _____

Name _____ Age: Under 50 _____ 50 & over _____

Address _____ Relay Location _____

State _____ Zip _____ Relay Team _____

E-mail _____

Please Note

This information is strictly confidential. A returned pledge provides eligibility for the prize drawing.