



Start Screening
at

45

Preventable.
Treatable.
Beatable.

National Colorectal Cancer Awareness Month

Colorectal cancer remains one of the most common cancers. The American Cancer Society estimates that 154,270 people in the U.S. were diagnosed with colon and rectal cancer in 2025, and 52,900 will die from the disease.

Screening Saves Lives

With screening, colorectal cancer is one of the most preventable cancers. Colon cancer and rectal cancer are also highly treatable if caught early. That's why on-time screening is essential and lifesaving.

There are many choices for early detection

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

- Colonoscopy
- Stool DNA
- Fecal immunochemical test
- Guaiac fecal occult blood test
- Flexible Sigmoidoscopy
- Virtual Colonoscopy
- Double Contrast Barium Enema

Routine Colonoscopy

A routine colonoscopy every 10 years beginning at the age of 45 is paid at 100% when you choose an in-network provider. If you have a colonoscopy prior to age 45, you must have a medical diagnosis for it to be covered at medical level.

If you have certain risk factors, you may need to be screened earlier than 45. Speak with your in-network provider about developing a screening plan for you. They can recommend how and when you should be screened.

Symptoms

Colorectal cancer first develops with few, if any, symptoms. It's vital to talk to a doctor if symptoms do appear. These may include:

- A change in bowel habits
- Persistent abdominal discomfort
- Rectal bleeding
- Weakness or fatigue

Colorectal cancer symptoms can also be associated with many other health conditions. Only a medical professional can determine the cause of your symptoms. Early signs of cancer often do not include pain. It is important not to wait before seeing a doctor. Early detection can save your life.

National MS Education and Awareness Month

March is Multiple Sclerosis (MS) Awareness Month, dedicated to increasing understanding of the chronic autoimmune disease that affects over 2.8 million people worldwide. Multiple Sclerosis is a chronic autoimmune disease that affects the central nervous system (brain and spinal cord).

Multiple Sclerosis Facts

- Women are about 2-3 times more likely than men to develop MS.
- The immune system mistakenly attacks the protective covering of nerves called myelin.
- There is currently no cure, but there are treatments that can slow progression and manage symptoms.
- MS is unpredictable — symptoms can vary widely from person to person.
- Many people with MS live full, active lives with proper treatment and support.
- MS is not contagious.



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Kidney Cancer Awareness

676,631 Number of people living with kidney and renal pelvic cancer in the US as of 2022

80,450 Estimated new cases of kidney/renal pelvic cancer in the US in 2023



2X Kidney cancer is about twice as common in men as in women.

Kidney cancer doesn't usually cause symptoms at first. In time, signs and symptoms may develop, including:

- Blood in the urine, which may appear pink, red or cola colored.
- Loss of appetite.
- Pain in the side or back that doesn't go away.
- Tiredness.
- Unexplained weight loss.

Make an appointment with a doctor or other healthcare professional if you have any symptoms that worry you.

The Cancer Navigator service provides tailored education and guidance to cancer patients as they navigate the many decisions that follow a diagnosis.



Support for Cancer Patients:

- Receive education on cancer screenings for early detection.
- Access tailored information about your diagnosis or treatment.
- Schedule appointments quickly with the best centers in your area.
- Prepare for your upcoming doctor visits.
- Access transportation support, emotional and mental health support, and other community resources.

To reach one of our Oncology Nurse Navigators today: 314.946.8881

To learn more contact The Health and Welfare Fund 314.835.2700 or 1.866.565.2700



Supporting cancer patients in their hour of need