

What you need to know about screening:

- The recommended age to begin screening has **dropped from age 50 to 45 for average-risk individuals.**
- People with a **family history of colorectal cancer should talk to their doctor** about whether to begin screening earlier.
- A colonoscopy is a **common screening method:** it not only detects cancer but also allows precancerous polyps to be removed. A negative result means you don't need another one for 10 years.
- A FIT (fecal immunochemical test) is another **effective screening option.** This detects blood in your stool. A positive test is followed by a colonoscopy.

