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benefitness for you.

Vol. 6, No. 7

August 2018

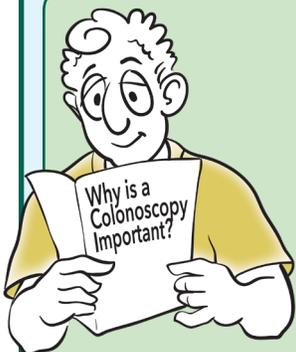
Importance of Colon Cancer Screening

Earlier this year, the American Cancer Society (ACS) lowered its recommended age for initial colorectal cancer screening from age 50 to 45. MedBen WellLiving however, will continue to follow the guidelines stating those 50 and older should be screened once every ten years, unless recommended otherwise by a physician. Nonetheless, this change references what MedBen has been saying all along: Get a colonoscopy!

ACS estimates that this year alone, 97,220 new cases of colon cancer will surface in the United States, and that colon cancer is the second leading cause of death due to cancer – so it's easy to see why colonoscopies are significant. The earlier a disease such as cancer is detected, the better the prognosis and the smaller the cost of treatment.

During this painless procedure (that you'll likely not even remember due to anesthetics), your doctor will examine your large intestine for possible causes of things like abdominal pain, rectal bleeding, or changes in bowel habits – and for those over 50, they are used to screen for colorectal cancer.

Remember, too, that some benefits plans offer incentives such as lower premiums for individuals who are compliant on receiving a colonoscopy. You can check your colonoscopy compliance, as well your compliance with other recommended screenings, by logging on to MedBen Access.



Taking the Fight to Cancer

Lower the risk of colorectal cancer through smart lifestyle choices.

- Regular moderate activity (things that make you breathe as hard as you would during a brisk walk) lowers the risk, but vigorous activity might have an even greater benefit.
- Limit red and processed meats and eat more vegetables and fruits.
- Long-term smoking is linked to an increased risk of colorectal cancer, as well as many other health problems.
- Studies have found a higher risk of colorectal cancer with increased alcohol intake, especially among men.
- Always seek guidance from your family physician with any concerns you may have.

SOURCES: American Cancer Society

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