



Are your patients up to date?

Colorectal cancer is the second leading cause of cancer death in the United States – but it doesn't have to be.

About one in three adults (23 million) between 50 and 75 years old are not up to date on their colorectal cancer screening.

Colorectal cancer affects men and women from all racial and ethnic groups and is most often found in people age 50 years and older. Around 90 percent of patients diagnosed with early stage colorectal cancer live five years or more. Screening for colorectal cancer has been shown in randomized controlled trials to decrease mortality in patients affected. Remember, colorectal cancer can start with no symptoms and making sure your patients are up to date with their screening will save lives.

Screening guidelines

The United States Preventive Services Task Force recommends the following testing guidelines for colorectal cancer screening in patients 50 to 75 years* of age:

- **high-sensitivity fecal occult blood test (FOBT) once a year, or**
- **colonoscopy every 10 years starting at age 50, or**
- **flexible sigmoidoscopy every five years with FOBT every three years.**

Test offered by Beaumont Lab

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Beaumont Laboratory uses the Polymedco Fecal Immunological Test (FIT), a high sensitivity FOBT, for colorectal cancer screening in the outpatient setting.

Results are reported qualitatively as negative or positive for the presence of fecal occult blood. The manufacturer of this test recommends the use of a 100 ng/mL hemoglobin cutoff that produces a specificity of approximately 95 percent for the detection of lower gastrointestinal bleeding. The test system does not detect upper gastrointestinal bleeding due to globin breakdown during intestinal transit.

*People at a higher risk should begin screening at a younger age.

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Specimen collection

FIT overcomes two limitations of guaiac-based cards:

- Outpatients only need to collect **one stool sample**.
- Guaiac-based methods typically have dietary restrictions (meat, ferrous vegetables and vitamin C) around the time of collection. Since the FIT method detects human hemoglobin in stool, these potential **dietary interferences are avoided**.

The likely result of using this method is increased patient participation.

Test codes: OBFIT or LAB6876

References

1. Centers for Disease Control and Prevention (CDC). Vital signs: Colorectal cancer screening test use – United States, 2012. MMWR Morb Mortal Wkly Rep 2013;62(44):881.
2. U.S. Preventive Services Task Force. Screening for colorectal cancer: U.S. Preventive Services Task Force recommendation statement. Rockville, MD: .S. Preventive Services Task Force; 2008.

For more information or questions about FIT, please contact a Customer Service Representative at 800-551-0488.

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