Colorectal Cancer Screening: What VSOs Need to Know

November 2022
Agenda

- VA Encourages Colorectal Cancer Screening
- What is FIT Testing?
- Colorectal Cancer Screening and Your VSO
### Problem: CRC Is the Second Leading Cause of Cancer Death

<table>
<thead>
<tr>
<th></th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>CRC Incidence</td>
<td>151,030</td>
</tr>
<tr>
<td>CRC Mortality</td>
<td>52,580</td>
</tr>
</tbody>
</table>

Siegel CA Cancer J Clin 2022;72:7-33
151,000 Colorectal Cancers Each Year
Solution: VA Encourages Colorectal Cancer Screening

Keys to Prevention
• Smoking cessation
• Healthy weight & activity levels
• Limited alcohol consumption

Screening
• Average risk screening starts at age 45 for men and women
• Regular screenings may decrease risk of dying from CRC upwards of 68%

Screening Options
• FIT Testing
  o Typically, once a year
• Flexible sigmoidoscopy
  o Every 5 years
• Colonoscopy
  o Every 10 years
Cancer Screening in the US

What is FIT Testing?

• The fecal immunochemical test (FIT) is a colorectal cancer screening test that you can complete in the privacy and convenience of your own home.

• Since most colon cancer bleeds, FIT works by detecting small amounts of blood in the stool. FIT is typically recommended once a year.

• For this test, you receive a test kit from your VA provider. The kit has everything you need to complete the screening process, including a brush or stick to sample a small amount of stool from the toilet.

• Once you’ve got that sample, you can mail the kit back to VA or bring it to the lab.
Why FIT Testing?

- Improves Access
- Easier to Perform Test
- Mailed FIT Outreach Program
# No. of Colon Cancer Deaths Averted/1000 Individuals Screened

<table>
<thead>
<tr>
<th>Screening modality and frequency</th>
<th>Mean CRC deaths averted if start screening&lt;sup&gt;b&lt;/sup&gt;</th>
<th>Additional CRC deaths averted if start screening at age 45 y</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>At age 50 y</td>
<td>At age 45 y</td>
</tr>
<tr>
<td><strong>Stool tests</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FIT every year</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>HSgFOBT every year&lt;sup&gt;c,d&lt;/sup&gt;</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>sDNA-FIT every year</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>sDNA-FIT every 3 y&lt;sup&gt;d&lt;/sup&gt;</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td><strong>Direct visualization tests</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COL every 10 y</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>CT colonography every 5 y</td>
<td>26</td>
<td>26</td>
</tr>
<tr>
<td>Flexible SIG every 5 y</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Flexible SIG every 10 y plus FIT every year</td>
<td>26</td>
<td>28</td>
</tr>
</tbody>
</table>

No. of CRC deaths averted per 1000 screened, by age to begin screening
Colorectal Cancer Screening and Your VSO

• Use your social media to encourage Veterans to speak to their VA providers about what screenings they may be eligible for.

• Share our FIT Test Flyer with your communities!

• We’d like to get the word out through interviews, podcasts, social media events and speaking engagements.

Contact Bronwyn Emmet (Bronwyn.Emmet@va.gov) and/or Michelle Spivak (Michelle.SpivakMelinger@va.gov) for scheduling.
Thank you!