Zeit für gute Vorsorge ...



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## Colon cancer prevention

## Dear patient!

The cancer of the colon is one of the most common cancers in Switzerland.

Every year, around 52.00 people in Switzerland fall ill. Bowel cancer develops over many years from precursors that become visible during colonoscopy.

Therefore, this cancer can be cured by early detection. At an advanced stage, the prognosis deteriorates.

For this reason, I recommend an early detection examination for colorectal cancer.

The basic insurance covers the costs of colorectal cancer screenings.

The basic insurance system pays for a "blood-in-the-chair test" every two years for persons aged 50 to 69, or a colonoscopy every ten years.

The franchise and the deductible are at the expense of the insured.



If you do not wish to have colonoscopy from the age of 50 (in the case of familial bowel cancer from the age of 45), an <u>annual</u> test for hidden blood is the optimal early detection

There is a newer <u>immunological</u> (biological) method of investigation for detecting hidden blood. A special diet can be dispensed with, and the results of the examination are much safer than the earlier stool letters. This procedure is far superior to the previous tests – especially with annual implementation!

## What can you do?

Do not use aspirin for 3 days. Do not take the test during menstruation or if hemorrhoids are bleeding. Put 3 stool samples from different parts of the stool in the sample tube. The immunological examination of the stool is carried out in our practice laboratory. We will notify you of the test result.