Get Screened:

Find Colon Cancer as Early as Possible

Regular screening and timely follow-up can prevent colon cancer or detect it early.

Colon (or colorectal) cancer occurs in the large intestine (colon) and/or rectum and is the second leading cause of death from cancer for New Yorkers. Fortunately, routine screenings can prevent it or help find it early, when treatment often works best.

There are several methods of colon cancer screening. Colonoscopies allow health care providers to detect and remove polyps—or growths—from the colon or rectum to help prevent cancer. Other methods (for example, stool-based tests) require a follow-up colonoscopy for people who screen positive.

Talk to your health care provider about your screening options.

Be sure to ask:

- When should I begin screening for colon cancer?

- Am I at risk if someone in my family had colon cancer or polyps? Should I get screened for colon cancer earlier than others?

- Is colonoscopy the only screening option?

- How do I know which screening option is right for me?

- Do you have educational materials such as brochures or pamphlets in my language?

- Is colon cancer screening covered by my insurance?
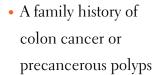
Remember to follow up! After you get screened, ask your provider when you should get your next colon cancer screening.

Talk to your health care provider about your risk factors.

You may need to start screening early if you have:

- A family history of colon cancer or precancerous polyps

- Certain inherited conditions such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer (HNPCC), also called Lynch syndrome

- Ulcerative colitis or Crohn's disease

You may also be at increased risk if you are a person with:

- Obesity

- A history of smoking

Other ways to reduce your risk:

- Maintain a healthy weight and be physically active.

- Eat fewer processed meats (for example, bacon, hot dogs, lunch meats).

- If you smoke, make a plan to quit. For help quitting, call 311 or visit nyc.gov/health and search for NYC Quits.

- Drinking alcohol may increase your colon cancer risk. Visit nyc.gov/health and search for alcohol and health for more information.

For more information, visit nyc.gov/health and search for colon cancer.

Steps to Colon

STEP ONE

Get Covered

STEP TWO

Talk to Your Provider

STEP THREE

Get Screened and Follow Up

* Most insurance plans, including Medicaid and Medicare, cover c
ages 45 and 49, coverage for screening varies. Consult with you
insurer about coverage before your screening test.

Cancer Screening

If you don't have health insurance, you can get free, in-person assistance to sign up for a plan: Call **311** or text CoveredNYC to 877877.

If you cannot get insurance, or if your insurance does not cover screening, you have options. Visit **nyc.gov/health** and search for **colon cancer** to learn more about no-cost or low-cost screening.*

Ask your health care provider about:

- Your individual risk for colon cancer
- Your screening options, including the process, benefits and risks of each option

Regular screening and timely follow-up can prevent colon cancer or detect it early. Be sure to ask your provider when you should get screened again.

olon cancer screenings starting at age 50. If you are between r health care provider about colon cancer risk and with your

No-Cost and Low-Cost Screening Locations

Contact the locations to learn about eligibility.

BRONX

NYC Health + Hospitals/Jacobi **PN**
1400 Pelham Parkway South
Bronx, NY 10461
718-918-5000

NYC Health + Hospitals/Lincoln **PN**
234 E. 149th St.
Bronx, NY 10451
718-579-5000

NYC Health + Hospitals/North Central Bronx **PN**
3424 Kossuth Ave.
Bronx, NY 10467
718-918-5700

NYC Health + Hospitals/Gotham Health, Morrisania **CCP**
1225 Gerard Ave.
Bronx, NY 10452
718-960-2777

PN – Patient Navigator programs guide patients through the screening process and help them access care.

CCP – Community Cares Project Primary Care Partner provides no-cost colonoscopy screenings to uninsured patients who are referred by their primary care provider.

BROOKLYN

NYC Health + Hospitals/Coney Island **PN**
2601 Ocean Parkway
Brooklyn, NY 11235
718-616-3000

NYC Health + Hospitals/Kings County
PN CCP
451 Clarkson Ave.
Brooklyn, NY 11203
718-245-3131

NYC Health + Hospitals/Woodhull **PN**
760 Broadway
Brooklyn, NY 11206
718-963-8000

NYC Health + Hospitals/Gotham Health,
Cumberland **CCP**
100 N. Portland Ave.
Brooklyn, NY 11205
718-260-7500

NYC Health + Hospitals/Gotham Health,
East New York **CCP**
2094 Pitkin Ave.
Brooklyn, NY 11207
718-240-0400

No-Cost and Low-Cost Screening Locations

Contact the locations to learn about eligibility.

MANHATTAN

NYC Health + Hospitals/Bellevue **PN**
462 First Ave.
New York, NY 10016
212-562-5555

NYC Health + Hospitals/Gotham Health,
Gouverneur **CCP**
227 Madison St.
New York, NY 10002
212-238-7897

NYC Health + Hospitals/Gotham Health,
Sydenham **CCP**
264 W. 118th St.
New York, NY 10026
212-932-6500

QUEENS

NYC Health + Hospitals/Elmhurst
79-01 Broadway
Elmhurst, NY 11373
718-334-4000

NYC Health + Hospitals/Queens **PN CCP**
82-68 164th St.
Jamaica, NY 11432
718-883-3000

NYC Health + Hospitals/Parsons **CCP**
90-37 Parsons Blvd.
Jamaica, NY 11432
718-334-6400

NYC Health + Hospitals/Gotham Health,
Vanderbilt
165 Vanderbilt Ave.
Staten Island, NY 10304
844-692-4692

NYC Health + Hospitals/Gotham Health,
Mariner's Harbor
2040 Forest Ave.
Staten Island, NY 10303
718-266-6328

PN – Patient Navigator programs
guide patients through the screening
process and help them access care.

CCP – Community Cares Project
Primary Care Partner provides
no-cost colonoscopy screenings to
uninsured patients who are referred
by their primary care provider.