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Oklahoma HMO shares colon cancer awareness information

More than 100,000 new cases of colorectal cancer expected in 2019

OKLAHOMA – The American Cancer Society says there are 101,420 new cases of colon cancer that are expected to occur in the United States in 2019. This makes colorectal cancer the third most common cancer found in both men and women. To raise awareness, GlobalHealth, an Oklahoma-based health insurance provider, is sharing information about the role screenings can play in the early discovery and prevention of cancer.

“Due to a lack of screenings, many people do not find cancer early when treatment can lead to a cure,” said Dr. Wesley Williams, medical director at GlobalHealth. “Colonoscopies and the Fecal Occult Blood Test (FOBT) are two screenings that can find cancer. Studies show these tests reduce deaths from colorectal cancer by 60 – 70% and 15 – 33%, respectively.”

GlobalHealth is offering information about colon cancer screenings. The company encourages Oklahomans to schedule a colonoscopy to find colon cancer early.

What is colorectal cancer screening? The Centers for Disease Control and Prevention says colorectal cancer almost always forms from unusual growths in the colon. A test locates these growths, so they can be removed before they turn into cancer. These tests often find colorectal cancer early when treatment works best.

When should I begin screening for colon cancer? Most new cases of colorectal cancer occur in people 50 or older. You should begin screening soon after turning 50. However, you may need to be tested earlier if:

- You or a close relative have had colorectal cancer;
- You have an inflammatory bowel disease such as Crohn’s disease or ulcerative colitis;
- You have a genetic syndrome such as familial adenomatous polyposis or Lynch syndrome.

What are the most common screening methods? A colonoscopy is a procedure where a long tube with a light and camera is used to detect abnormal growths. A colonoscopy is recommended every 10 years. If a growth is found, you may be able to have it instantly removed.

Another choice is the Fecal Occult Blood Test (FOBT). This tests for hidden blood in the stool, which can be an early sign of cancer. The test requires a brush or card to touch a bowel movement. This can be performed annually and can be done at home.

There are several screening choices that can be used to find colorectal cancer. It is important to talk with your primary care physician about which one is right for you.

About GlobalHealth

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering individuals in all 77 Oklahoma counties. Working proactively with its members, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state, education and municipal employees, federal employees, and individuals who are eligible for Medicare. To learn more, visit www.GlobalHealth.com.

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