



Indiana  
Department  
of  
Health

# Chronicle of Indiana Cancer Control

March 28, 2024

## Spotlight

### Colorectal Cancer

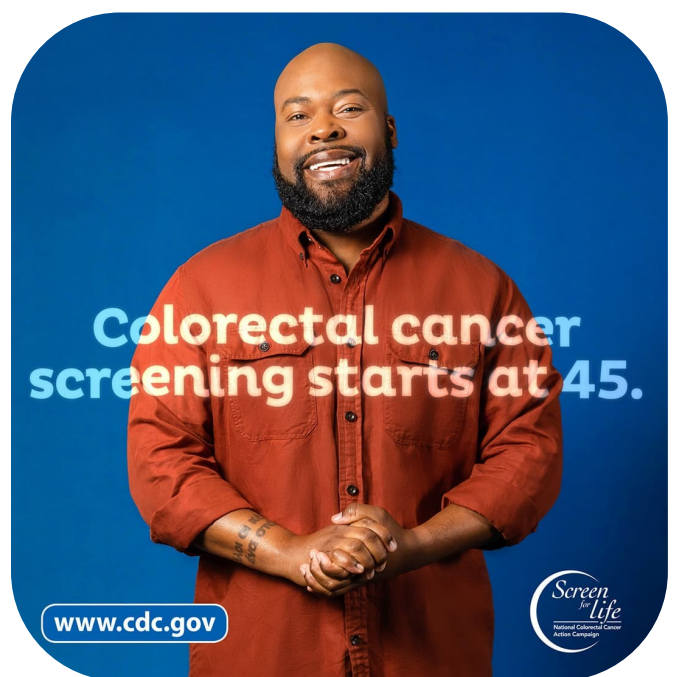
Colorectal cancer is cancer that starts in the colon or the rectum. Colon cancer and rectal cancer have many features in common. Colorectal cancer is the third-most commonly diagnosed cancer among both males and females in Indiana, as well as in the United States. It is the second leading cause of cancer-related death among males, and the third leading cause of cancer-related death among females in Indiana.<sup>1</sup>

<sup>1</sup><https://indianacancer.org/resources/colorectal-cancer/>

### Early Detection

- Average risk adults ages 45 to 75 years should get screened for colorectal cancer
- Individuals with a family history may need to start screening earlier and go more often
- Colorectal cancer affects approximately one in 26 women and one in 23 men
- Black individuals have higher colorectal cancer incidence and mortality rates than white individuals
- Several screening tests can be used to find polyps or colorectal cancer. The U.S. Preventative Services Task Force outlines the colorectal cancer screening strategies in the link below. It is important to know that if your test result is positive or abnormal on some screening tests (stool tests, flexible sigmoidoscopy, and CT colonography), a colonoscopy test is needed to complete the screening process. Talk to your doctor about which test is right for you.<sup>2</sup>

<sup>2</sup> [https://www.cdc.gov/cancer/colorectal/basic\\_info/screening/tests.htm](https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm)



### Facts and Resources For Indiana Residents

- Can I reduce my risk? There is no sure way to prevent any type of cancer. There are things that you can do to help lower your risk like keeping a healthy weight and being physically active, limiting alcohol consumption, and avoiding tobacco use.<sup>3</sup>
- [Survivor and Thriver Resources for Individuals Affected by Cancer](#): Resources in this brief from the National Behavioral Health Network for Tobacco & Cancer Control can support individuals with lived cancer experience and their caregivers as they continue their cancer thriving journeys.<sup>4</sup>
- Developed by the Indiana Cancer Consortium (ICC) and diverse partners from across the state, the [Indiana Cancer Control Plan 2023-2027 \(ICCP 2023-2027\)](#) is a comprehensive roadmap for actions that will guide cancer control efforts and promote collaboration between organizations and the citizens of Indiana.<sup>5</sup>
- [Toolkit: Colorectal Cancer Screening Policy Updates](#): As of January 2022, policy changes were made regarding insurance coverage for follow-up colonoscopy, which became effective for plan years beginning on or after May 31, 2022. This rule change removes cost sharing for follow-up colonoscopies after a positive or abnormal result from a stool-based test. Hopefully, this will have a positive impact on an attempt to reduce costs for patients. This removes a potential barrier to care and timely diagnosis, ultimately resulting in improved outcomes.

<sup>3</sup> [https://www.cdc.gov/cancer/colorectal/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/colorectal/basic_info/prevention.htm)

<sup>4</sup> <https://www.bhthechange.org/wp-content>

<sup>5</sup> <https://indianacancer.org/iccp-report/>

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