



ULSTER COUNTY NEWS

ULSTER COUNTY NEWS INFORMATION
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FOR IMMEDIATE RELEASE

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March Is Colorectal Cancer Awareness Month Centers For Medicare & Medicaid Services Urges Screenings For Colorectal Cancer

Take as little as 30 minutes to get screened for colon cancer. It can save your life. "Colorectal cancer often has no symptoms," says Charlotte Yeh, MD, Administrator for the Northeast Regions of the Centers for Medicare & Medicaid Services (CMS). "That is why it is so important for people age 50 and older to be screened." Getting screened for colorectal cancer is one of the smartest things you can do for your health. If you have part B, Medicare covers colorectal cancer screenings for all people with Medicare ages 50 or older.

Find colorectal cancer early, when treatment works best, through routine screening. "Screening can find abnormal growths in the colon or rectum so that they can be removed before turning into cancer," says Dr. Yeh. There are several tests for colorectal cancer. Talk to your physician about the one that is best for you.

Don't overlook routine preventive services like colorectal screening tests. Preventive services are critical to your overall health and can help you prevent diseases or find them early, when treatment works best.

To help you remember the services you received and the tests you need each year, visit the MyMedicare.gov web tool. By visiting MyMedicare.gov on the web, you can see a description of your covered preventive services, the last date that service was performed, and the next date you are eligible for that service. If you don't have a computer, ask a family member or loved one if they do. Or, your local library or senior center may be able to help you look at this information.

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Start taking steps toward prevention today. These three easy steps can put you on the road to better health:

- ✓ STEP 1: Know your health history
- ✓ STEP 2: Talk to your doctor about the Medicare preventive services that are right for you
- ✓ STEP 3: Register at MyMedicare.gov on any computer connected to the Internet

Get free copies of “Staying Healthy: Medicare’s Preventive Services” and “Your Guide to Medicare’s Preventive Services” by visiting www.medicare.gov on the web. On the web, select “Find a Medicare Publication” under “Search Tools.” Or, call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.